The Middlebury Campus

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NEW CENTER FOR CREATIVITY OFFICIALLY OPENS DOORS

ANAHÍ NARANJO

On Saturday of Homecoming Weekend President of the College Laurie L. Patton cut the ribbon on the new Center for Creativity, Innovation and Social Entrepeneurship. See pages 10-11 for a report on the College's new focus on entrepeneurship.

STUDENTS GATHER TO WATCH CLINTON AND TRUMP BICKER AND BRAG IN NBC DEBATE

By Lucy Grindon
Staff Writer

On Monday night, Middlebury students packed Crossroads Café to watch the first presidential debate between Hillary Clinton and Donald Trump.

The College Democrats hosted the party, and Matthew Dickinson and Bert Johnson, both professors of political science, offered historical context for presidential debates and statistics on the 2016 election.

Before the debate began, students and visitors buzzed over the sound of the microphones angling to get a good view of the screen and seeming about to spill from the balconies. Upstairs, the father and older sister of a current Middlebury student, Kyler Blodgett '17, worried about the demographic surrounding them.

"I've always supported Hillary," said Kensie Blodgett. "Feminism is still a dirty word, and even if millennials don't equate Hillary with feminism, she's still female. I don't know if millennials are ready, unfortunately," she said.

"I don't think they understand the problems she's helped overcome over the years," said Bill Blodgett. "I'm scared out of my mind," he said.

On the stage, Dickinson warned students not to be overly confident in their predic-tions about the election.

"There is a tendency to decide which election forecast is most accurate based on the outcome you would like to see, but that is not a good way to look at it," Dickinson said.

Dickinson has been developing an election model election is a dead heat, meaning the two candidates have roughly equal chances of being elected. FiveThirtyEight, an election modeling site, also is estimating the election at a statistical dead heat.

"A few weeks ago, when I was saying that it would be a dead heat when Hillary was about eight points up, people would boo me," Dickinson said. "Now, people just cry."

Debates generally nudge undecided voters toward one candidate or another, according to Johnson. There are a larger number of undecideds in this campaign than in recent campaigns, he said.

"I would not be surprised to see some movement in the polls after this debate," Johnson said. But most post-debate changes in polls subside after a few weeks, he warned.

Dickinson also noted that debates often cause a short-lived fluctuation in polls, but he did not think the debate would change any of the students' minds.

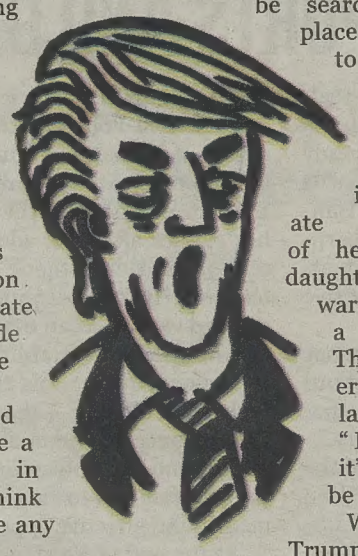
"Of everybody in this room tonight, not a single one of you will change your mind about who you're going to vote for on the basis of this debate," he said.

The excitement in the room peaked as the moment of the debate arrived. Over the loudspeakers, a television commentator said, "Some might argue that this is not a normal or average election." A second later, the two candidates' spouses, Bill Clinton and Melania Trump, smiled and shook hands on the screen.

Crossroads Café erupted into applause as the two candidates came onstage.

"It's a bold mixup. Go with the red power suit!" shouted Nick Garber '19.

Once the two candidates started to speak, the students watching whispered to each other, but the atmosphere was mostly hushed. Occasionally, the audience would react to a statement with applause or louder murmurs, but laughter — whether nervous, happy or incredulous — dominated the room.



Students seemed to be searching for places to laugh to ease the tension. Clinton's almost immediate mention of her granddaughter was rewarded with a chuckle. The watchers even laughed at "Donald, it's good to be with you." When Trump asked Clinton how he should refer to her — "Secretary Clinton? Is that alright? I

SEE STUDENTS, PAGE 2

CARTOONS BY NOLAN ELLSWORTH

Clifford Symposium Keynote Speaker Discusses Myths About Mindfulness

By Elizabeth Zhou
Arts and Sciences Editor

What is mindfulness, and why does everyone keep talking about it? These two basic questions served as the focal point of this year's Clifford Symposium, entitled "Fully Present: The Art and Science of Mindful Engagement."

Last Thursday, Sept. 22, the College hosted Amishi Jha, an associate professor of psychology at the University of Miami, as the keynote speaker, who provided context to a weekend packed with mindfulness-based events.

In a talk that filled the Mahaney Center of the Arts Concert Hall with faculty, staff, students and community members, Jha examined the effects of mindfulness training on the brain's attention system to answer the underlying question of this year's symposium: why does mindfulness matter?

"The human brain is exquisite in mental time travel," Jha stated.

To offer a metaphor, she explained the parallels between the mind and an MP3 player. Rumination on the past is represented by the reverse button, while the tendency to worry and plan ahead is likened to the fast forward button. Meanwhile, the play button symbolizes the ability to pay attention to the present moment experience. According to mindfulness studies, this is the foundation upon which our mental wellbeing rests.

Any fear that the lecture would consist of rambling, jargon-filled prose was quickly dispelled by Jha's engaging demeanor and accessible language. She offered a simple definition for the often misunderstood concept of mindfulness: a "mental mode characterized by attention to present moment experience, without conceptual elaboration or emotional reactivity."

Contrary to popular belief, mindfulness does not entail the shutting down of all thoughts, deep breathing or relaxation techniques. Nor does one need to practice mindfulness for hours or years in order to see results.

Assuring the audience that mindfulness is not an "esoteric, mystical way to achieve a special state of being" like levitation, Jha joked, "I've never had anyone hit the ceiling. It's been very safe."

While stress degrades the brain, mindfulness leads to mental enhancement. Why does this happen? Because, as Jha aptly put it, "A stressed mind is a wandering mind."

Within the field of psychology, mind-wandering is defined as having off-task thoughts during an ongoing task or activity. The process is both unproductive and unintentional. As high stress compromises our ability to pay attention, mindfulness training seeks to dissuade harmful mind-wandering, such as by focusing on the sensation of breathing within one's own body. If the mind strays to other topics, thoughts, memories or sensations during a mindfulness exercise, the individual must attempt to guide it back to the practice at hand – be it breathing, observing or even eating – with gentleness and intentionality.

SEE KEYNOTE, PAGE 14

MICHAEL O'HARA

Students filled the Grille and Crossroads Cafe to watch the first presidential debate.

INSIDE

CATCHING UP WITH IRON EYES CODY AFTER LIFE AT MIDD
PAGE 3

DINING HALLS STANDARDIZE FOOD MENUS
PAGE 12

MIDDMOUTH FEATURES STUDENT POETRY
PAGE 16

INTELLECTUAL PROPERTY WORKING GROUP MAKES POLICY PROPOSAL

By Sarah Asch
Staff Writer

The Intellectual Property Working Group (IPWG) announced the proposal of their new intellectual property (IP) policy at an open meeting on Sept. 21 for the Middlebury College community.

The IPWG designed the policy over the course of the last year with input from students, faculty and staff. Provost and Professor of Psychology Susan Campbell Baldridge appointed the group, which is now chaired by Associate Provost for Digital Learning Amy Collier, and comprised of staff and legal counsel.

The proposed policy, if enacted, includes a provision that would create a committee to continually reassess and keep the policy up to date.

"The policy provides for an ongoing Intellectual Property committee, which will be appointed by the Provost and approved by the Board of Trustees, to regularly review how the policy is being implemented and where the policy might need to be updated," Baldridge said. "The policy may only be modified, restated or repealed with the approval of the Middlebury Board of Trustees."

"In the absence of a policy, the legal defaults about IP in the workplace indicate that the work faculty and staff do at Middlebury is 'work -for-hire,' and could be considered Middlebury's property," Baldridge said. "Our approach [in creating our new policy] is consistent with traditional views of IP in higher education, which places scholarly and academic work outside of the typical designations of 'work for hire.' This prevents Middlebury from needing to negotiate every case of IP created by faculty, staff and students," she said.

Middlebury's proposed policy addresses the legal ownership of intellectual property created through the research and academic endeavors of Middlebury staff, faculty and students. The group started to draft the policy by looking at similar policies at other institutions.

"We started with a landscape scan, looking at policies across a variety of institution types (e.g., research institutions, liberal arts institutions) to get a sense of what approaches other institutions took and how those approaches reflected their values. We then outlined what we believed were Middlebury's values and verified those ideas with Middlebury faculty, administrators and select community members," Baldridge said.

Baldridge explained that the Middlebury IP policy reflects the values of liberal arts in part by its treatment of all members of the intellectual community. The intellectual property of faculty, staff and students are treated equally, which is an unusual practice among some research institutions. However, other liberal arts institutions are beginning to treat intellectual property based on the nature of the work in question, rather than the role of the person who created it. The IPWG's new proposed policy is in accordance with this trend. In this way, all members of the community have more claim to ownership of their work.

The IPWG offered several opportunities for people to give input about the new policy. They hosted open meetings last semester, gave policy presentations and created a website for people to view the policy draft and leave comments and questions. The site details the various methods of legally protecting intellectual property including copyright laws, patent laws and trademark laws. According to the website, copyright protects original expression of ideas but not the ideas themselves. Patent laws protect ideas that include new or useful inventions and prevent others from profiting from those ideas. Trademarks protect words or symbols that represent a company or product.

Baldridge expressed her satisfaction with the policy and its reflection of the College's values as an academic community.

"I've been enormously grateful for the hard work of the IPWG and the members of the community that have contributed to this process," Baldridge said. "We are a creative community and innovative people, and this policy respects that spirit. The IPWG has developed a policy that is well suited to Middlebury and that will serve us well into the future," she said.

The Board of Trustees will vote on a new policy regarding intellectual during their meeting this weekend. If passed, the policy would apply to all Middlebury institutions including the Bread Loaf School of English, the C.V. Starr Schools Abroad and the Middlebury Institute of International Studies at Monterey.

Students Take Stock of Candidates at Debate Party

CONTINUED FROM PAGE 1

just want you to be happy" — the crowd let out a laugh along with a kindergarten-style "Oooh."

After the debate, Alexander Khan, the co-president of the College Republicans, observed, "To me it was more like two separate stump speeches were being given rather than an actual debate. I think that's what the candidates were after: sound bites from the debate to play in commercials."

The majority of students watching the debate seemed to have the biggest reactions to those shiny sound bites that are now circulating on Twitter, Vine, Facebook, Buzzfeed and other social media outlets.

Clinton's "Donald, I know you live in your own reality" got a particularly big laugh.

Some of the candidates' statements on serious issues drew sincere cheers and sober appreciation. Towards the beginning of the debate, some students applauded Trump's comments on immigration.

Later, students listened intently after Lester Holt said, "Let's talk about race." The audience's murmurs became bitter when Trump praised the stop-and-frisk police technique that was ruled unconstitutional in New York, and many students clapped when Clinton discussed providing better training for the police to minimize the violent effects of racial profiling by police officers.

Most students also seemed to appreciate Clinton's call to address "the plague of gun violence."

The audience exclaimed incredulously at several of Trump's statements, such as when he suggested that "someone sitting on their bed who weighs 400 pounds" could have hacked the Democratic National Commitee. They laughed when he shouted, "No wonder you've been fighting ISIS your entire adult life!" at Clinton and when he asserted, "I think my greatest asset is my temperament."

After the debate, Khan offered his comments on Trump.

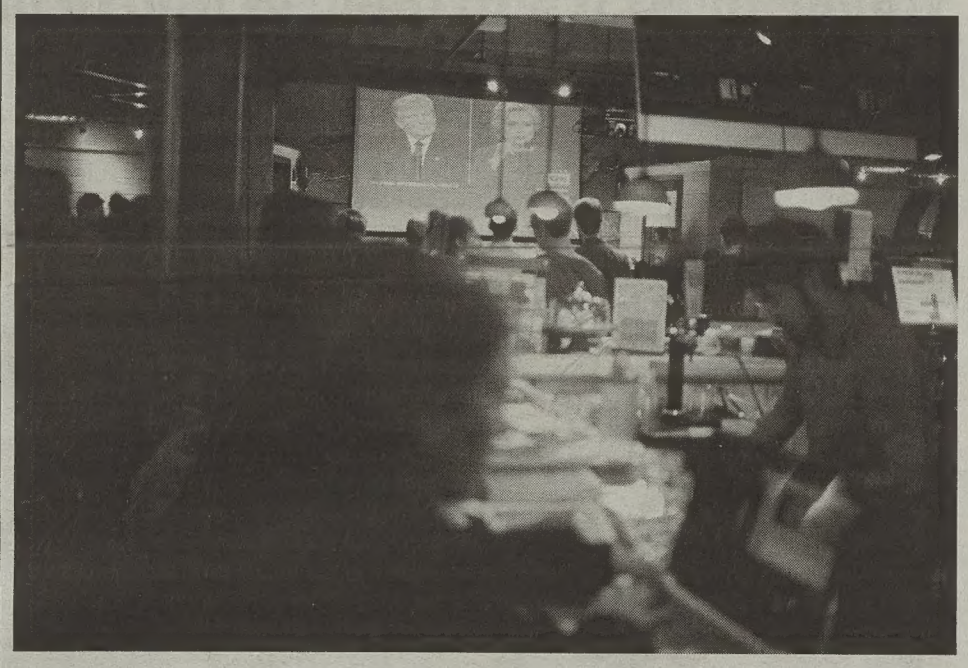
"Donald Trump is not a conservative. He's not a Republican in a traditional sense," he said.

Khan also addressed some of the undecided voters with conservative views whom the debate may influence.

"Republicans are now facing the challenge of having to reassess their outlook and reassess how they feel about their principles so they can figure out which candidate aligns with them, because you really can't go along party lines," he said.

As students trickled out of Crossroads after the debate, Hazel Millard, co-present of the College Democrats, stressed the importance of this year's election.

"I hope that people who watched realize how high the stakes of this election are and decide to take action by volunteering for Democrats running for office in local, state and national races," Millard said.



MICHAEL O'HARA

Busy students found time Monday night to watch the presidential debate between Democratic Nominee Hillary Clinton and Republican Nominee Donald Trump.

MINDFULNESS PANEL UNITES SPORTS AND DANCE

By Luke Linden
Staff Writer

On Friday, Sept. 23, members of the athletics and dance departments hosted a panel in Wilson Hall on "Mindfulness in Performance." Incorporating discussion, presentation, and movement, the panel raised important questions about the nature of performance, especially as it relates to the Middlebury community. The event was part of the 2016 Clifford Symposium, a three-day investigation into "the art and science of mindful engagement."

Erin Quinn, the Director of Athletics, opened the panel with a discussion of the nature of mindfulness, as well as its benefits. He emphasized the potential effect of mindfulness practice on communities and on leadership. These concepts can be applied to a wide variety of contexts, beyond sports teams and dance ensembles. Questions of effective and empathetic leadership are of particular importance at the College, a community derived of many residential, extracurricular, administrative and academic groups.

The panel then turned to Bob Hansen, a tennis coach at Middlebury. He related the story of how his team began to incorporate mindfulness practice into their regimen and daily lives, with the help of sports psychologist Jerry Lynch. Sports already involve movement, a high level of focus and a keen sense of presence. For Hansen's team, mindfulness practice sharpened these links and enabled individuals to achieve both personal and competitive success.

"I'm really thrilled that Middlebury has chosen mindfulness for this year's Clifford Symposium," Hansen said. "It has the potential to really improve the community."

In the most unique presentation of the panel, Professor of Dance Andrea Olsen examined the intersection between athletics, anatomy, dance and mindfulness. To begin, she led the crowd in a brief Qi Gong exercise, which incorporated breath, stretching and movement. Afterwards, in place of a discussion, Olsen descended from the stage to the main floor to perform a dance piece. Accompanied by ambient music, Olsen moved about the hall, speaking in enigmatic phrases such as, "We participate in a moving universe," while images of bodies in motion amid natural landscapes appeared on the screen behind her.

The final presentation, delivered by Nükhet Kardam, Professor of Development Practice and Policy at the Middlebury Institute at Monterey, brought the tenets of mindfulness to the classroom and the field. Kardam emphasized the improvement in her classes after she adopted a more observant and empathetic approach to her teaching. Before becoming an instructor, she had worked as an evaluator for a women's human rights training program based in Turkey. During this time, engagement with her "fluid self" – the part of her that is more connected and open – allowed her to see beyond the outcome-oriented goals of the program and to envision a more fundamental and effective approach to her work.

At the end of Kardam's presentation, a bell rung out in the Hall, followed by a moment of silence, which stretched into several minutes. As I looked around the room and noticed the number of closed eyes and bowed heads, I was impressed by the willingness of the audience to participate. Many of the faces around me were not of students, but of young adults, perhaps faculty members or residents of the town. Ostensibly designed to address the concerns of the immediate College community, the

SEE MINDFULNESS, PAGE 15

MCAB's WHAT'S HAPPENING AT MIDDLEBURY?

Free Friday Film:
"The Secret Life of Pets" (2016)
The quiet life of a terrier named Max (voiced by Louis C.K.) is upended when his owner adopts Duke, a stray whom Max instantly dislikes.
FRIDAY AT 6 P.M. AND 9 P.M. IN DANA AUDITORIUM

Lost Kings Fall Concert
MCAB's Small Concert Initiative presents Lost Kings for the 2016 Fall Concert.
FRIDAY AT 9 P.M. IN WILSON HALL

Yoga with Chelsea
Come take a break and attend this restorative yoga class taught by certified instructor Chelsea Colby!
SUNDAY AT 7 P.M. IN CHATEAU GRAND SALON

Preview: Vt. Gubernatorial and Other Elections

By Alessandria Schumacher
Local Editor

Vermont is unique in many ways, and its gubernatorial election cycle is no exception. The cycle runs on a two-year basis coinciding with the presidential election every-other cycle. The only other state using this system is New Hampshire.

On Nov. 8, Vermont voters will likely elect either Democratic nominee Sue Minter or Republican nominee Phil Scott for the next two-year term. However, Vermont has often had significant third-party candidates; this year, Bill "Spaceman" Lee is the nominee for the Liberty Union Party.

Incumbent Democratic Governor Peter Shumlin declined to run for a fourth term. In 2014, Shumlin won by a plurality, not a majority. Shumlin only won 46.4 percent of the vote, reflecting his weak popular opinion of among Vermonters. His Republican challenger, Scott Milne, received 45.1 percent of the vote. As neither candidate won a majority, the election went to a secret vote in the Legislature where Shumlin won with a final vote of 110 to 69.

This year, the job of Governor of Vermont will be new to whoever wins, though both major candidates have ample experience in the state's politics.

Minter (D) began her involvement in politics in 2004 when she was elected State Representative to the Vermont Legislature representing Duxbury, Huntington, Buel's Gore and Waterbury, where she resides. She served as a representative for three terms until 2011 when she was appointed Secretary of the Vermont Agency of Transportation.

In her tenure at the Agency of Transportation, the greatest challenge she faced was rebuilding Vermont infrastructure that had been ruined in the wake of hurricane Irene. This work led Minter to represent Governor Shumlin on the White House Task Force on Climate Preparedness and Resilience. Minter's education background includes an undergraduate degree in Sociology and a master's degree in city planning.

Looking forward, Minter wants to grow economic opportunities by investing in infrastructure and downtowns, something she has worked to do in her own town of Waterbury.

According to her campaign website, Minter will also prioritize environmental protection, common sense gun safety, support for working families and the creation of a state government that functions well, is accountable to taxpayers and is trusted by the public.

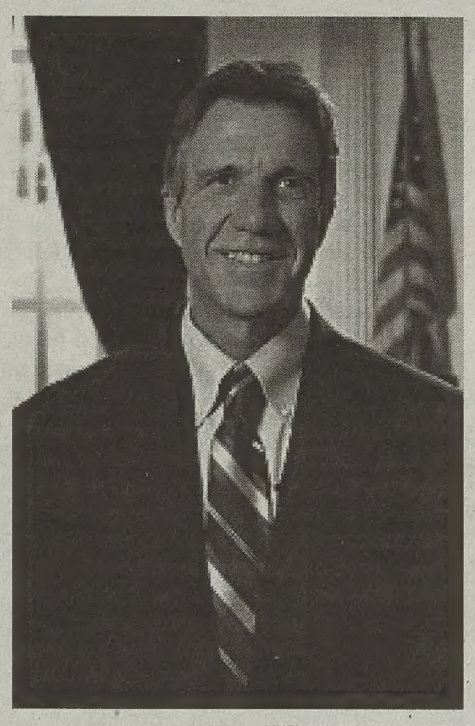


PHOTO COURTESY OF VERMONT.GOV

Lieutenant Governor Phil Scott (R) is running for governor this November.

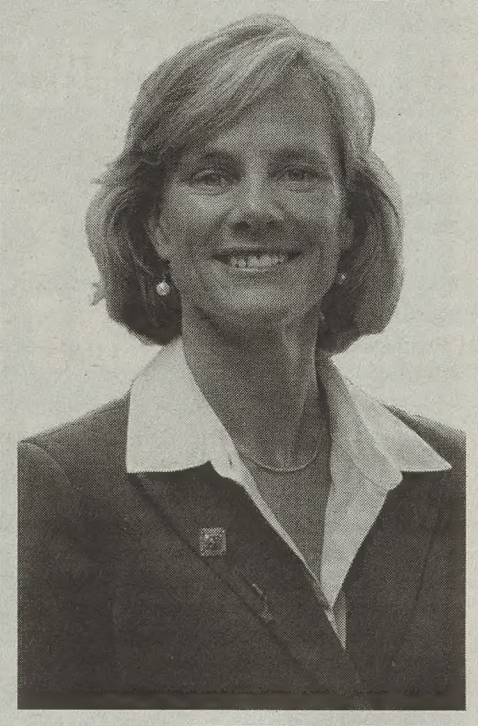
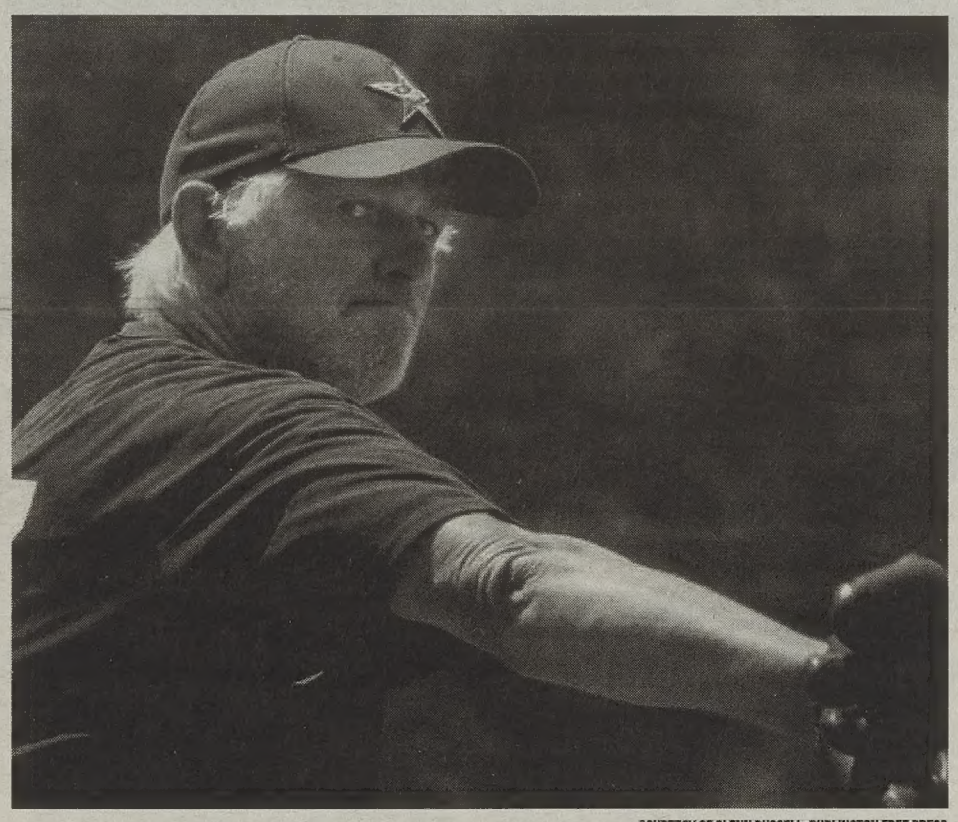


PHOTO COURTESY OF SUE MINTER FOR GOVERNOR

Sue Minter won the Democratic nomination for the gubernatorial election.



COURTESY OF GLENN RUSSELL, BURLINGTON FREE PRESS

Liberty Union Party candidate Bill "Spaceman" Lee is a former pitcher for the Boston Red Sox and is still leads a very active life playing baseball in Vermont.

Scott (R), too, began his political involvement in the Vermont Legislature, where he was elected senator in Washington County from 2001 through 2011. In 2011, he was elected Lieutenant Governor, a position which is elected independent of the governor in Vermont.

This means that in Vermont, and in the 17 other states with this law, the governor and lieutenant governor could be from different political parties, as was true for Gov. Shumlin's last two terms. Scott co-owns Dubois Construction and lives in Berlin, Vermont.

According to his campaign website, Scott has a three part platform: building a stronger economy, making Vermont more affordable and making a difference. Among his strategies to achieve these goals are the creation of an economy that will attract business and families, healthcare reform, innovative education and modernization of the state government.

While Scott and Minter are the two most likely contenders for governor, the third party candidate cannot be overlooked. In the most recent debate one week ago, Scott insisted that Lee be included, continuing a tradition of Vermont political nominees only attending debates to which all nominees were invited.

In the 2014 election, this traditional courtesy led to debates with seven candidates and some chaos inevitably ensued. However, this tradition is a sure sign that democracy is alive and well, at least here in Vermont.

Lee is a member of the Liberty Union party, former pitcher for the Boston Red Sox, resident of Craftsbury and self-described "fish out of water" in the political sphere. Issues of particular importance to Lee include clean water, ending the opioid epidemic and environmental protection.

Although this year's gubernatorial election may not hold the entertainment value of last cycle's 7-candidate parade, the election holds statewide importance, given that whoever wins will serve as Vermont's new leadership.

Other positions up for election this year include State Representative to Congress and US Senators. Representative Peter Welch, who has served since 2007, is being challenged by Erica Clawson of the Liberty Union Party.

Senator Patrick Leahy (D), a Vermont senator for 41 years, is up for re-election. His major challenger is former gubernatorial candidate from 2014 Scott Milne (R). Other contenders include Pete Diamondstone of the Liberty Union Party, Cris Ericson of the United States of Marijuana party and independent Jerry Trudell, the first two of whom ran for governor in 2014.

Catching up with Iron Eyes Cody

By Annie Grayer
Local Editor

This week The Middlebury Campus *sat down with some of the members of Iron Eyes Cody, a band of alumni who recently played at the Grant Point Music Festival. Evan Allis '15.5, plays guitar, writes the music and sings half of the vocals. Noah Stone '16.5, plays the keyboard and accordion. Mark Balderston '15.5 does some vocals, plays the saxophone, keyboard and synth and acts as the band manager. Joe Leavenworth-Bakali '15.5 plays the bass. Unfortunately, neither Renn Mulloy '15.5 who is responsible for the other half of the vocals nor Patrick Freeman '15.5 who plays drums could be a part of the interview. We talked about the bands roots, the support of the Middlebury community and the transition from a college campus into the Burlington music scene.*

Middlebury Campus (MC): How did your band get started?

Evan Allis (EA): We started this band a couple years ago. Mark, Joe, and I were living together. Renn was spending a tone of time over at our suite (Gifford, Suite K). What's interesting about this band is that we did not come into Middlebury with a ton of musical experience or any initial interest to play in a band or to study music at all. We started this band just in our dorm room. I started writing songs and showing them to Mark. He really encouraged me, which was a new thing. And we just started playing together. Noah had just come into school as a new feb, and Mark had been one of his feb leaders and was aware that he played keyboard. So it was sort of like this haphazard coming together of people who initially weren't too serious about the music, but we felt like we had something special. We certainly had a really good time playing together, and it became pretty obvious that after a couple of meetings that we needed to start a band, and that we needed to take this seriously.

MC: How would you describe your sound and do you think it has changed at all since you first started?

Noah Stone (NS): I would say our sound has changed a lot since we first began. We began very folky, with almost no synths or any of the electric sound that we have now. It's been cool to see how our sound has shifted over the last three years.

Joe Leavenworth-Bakali (JLB): There was never a moment where we had a conversation about how we wanted

COURTESY OF MICHAEL O'HARA

This photo was taken of the band back when they were students at Middlebury.

our sound to progress or evolve. It kind of happened pretty organically, through some of the songs that Evan was bringing to us, through the way we started to work together and understand each other more as a band. So, it was nice that there was this kind of gradual evolution.

Mark Balderston (MB): We've just kind of grown along with it all.

EA: There's something really special about forming a band that was based on a friend group, rather than individual musicians.

MC: Did the Middlebury community support your band?

EA: Fortunately, we've had an incredible support system at Middlebury both from the school, and our friends. There was never a moment where we didn't feel like we couldn't keep pushing this band further. Middlebury was the place that could make that happen for us.

What's different about Middlebury from other liberal arts schools is that because there is less of a pronounced music scene, than there would be at a school like Vassar or Wesleyan, there's less expectation about what you're supposed to do if you start a band. So I think that if we were to go to a school like Vassar or Wesleyan, people would've thought that the music we make was too poppy, or almost too catchy and accessible. But because we were at Middlebury where there's such a positive and encouraging vibe, and there isn't really a full-fledged music scene, we started what was ostensibly a real, poppy, folky rock band that I think probably would've gotten laughed at a lot of other places. But people were really into it because they wanted to have a good time.

MB: We applied for a Midd Challenge grant through the PCI, and we were given a grant to record an album up in Burlington with some guys that we met through some Middlebury grads including Mitchell Parrish, who started Middlebury Musicians United and WOMP. So our Middlebury support system migrated up to Burlington when some of our older friends graduated. We continue to be supported within the Middlebury scene by people coming out to shows at the College, and now driving up to Burlington to see us play at places like Higher Ground, and performing on a slightly larger scale.

MC: How much did your experience at Middlebury, and the culture here, affect your lyrical writing?

COURTESY OF MIDDBEAT

The band performing in the Gamut Room in 2014.

EA: I guess I've never really thought about the degree to which Middlebury as a place affected the lyrics. Certainly there were songs that were directly written about different people at Middlebury, whether that was girls I was involved with or friends of ours that just deserved a song about them. There's definitely lines throughout our music that reflect what it's like to be someone of our age and someone nearing the end of, I don't want to say college, but like of young moments facing transition. We have one song that was the last single we put out called "Off the Rails" and there's a line in there that's like, "You know you got 30,000 hours or more, and that's 30,000 hours just to get in the door, and they'll be like, 'that's useless,' what the hell did you study it for." And when we play it at Middlebury, I always like to see people's reaction in the audience to that line because I think it's really reflective of the experience of a lot of people in our position where we are a part of this generation where the future isn't really mapped out like it was for our parents.

> ***"Why wouldn't we keep providing a reason for Middlebury kids to get back together? There's just nothing cooler than being the reason that not just our friend group, but other friend groups get together and rally around this thin that is an important part of our shared college experience."***
>
> EVAL ALLIS '15.5
>
> VOCALS, SONGWRITER

MC: What advice would you give to bands who are thinking of forming here or bands who are at Middlebury now?

EA: I would say that something that really served us well was to have a really involved and engaged experience with our audiences. That definitely affected my writing. We started with this really folky, quieter vibe, but it was just more fun to play shows where people were dancing and going crazy, so we started to write to that. Be aware of taste, not to the extent that it effects what you want to do or to the extent that it effects your artistry, but I think it helped us as a band and helped me grow as a writer to have that kind of perceptive attitude about what people were interested in and what resonated. Also, it's good to not take yourself too seriously.

MC: How has it been transitioning from a college band here at Midd to a professional band?

MB: We are all over the place right now. Evan is in Cleveland, Ohio working for Hillary. Renn is in Austin, Texas working for Facebook, and Joe is in Boston and has a great job there. Patrick and I are holding down the fort with our music scene home here. We just had probably our greatest pay off moment at the Grant Point North Festival. And that made it feel really really real for us. We certainly have a lot of other stuff going on in our life; it's hard to say that we are primarily musicians at this point in our life, but it was a pretty special thing to stand on that stage and look out at the Adirondacks and have Middlebury kids singing along. I think that experience will be a nice little carrot in front of us as we look towards using our vacation days to record another album, and get out on the road and play some more music.

> ***"There is something very special about the Burlington music scene...it's a place where art and all of its forms, but especially music and all of its genres, is nurtured without any prejudice of what it is supposed to sound like."***
>
> MARK BALDERSTON '15.5
>
> SAXOPHONE, KEYBOARD, SYNTH, VOCALS AND BAND MANAGER

COURTESY OF BETSY ROSE BESSER

This photo was taken at the Grand Point North Music Festival in Burlington, where the band opened for Grace Potter on Sept. 18 It was the band's biggest show so far.

We've gotten more professional over time, just from playing shows in Burlington, but that was maybe a harbinger of what's to come. Hopefully there will be more shows like that. It used to be a big battle to get the speakers and wire it all up in a social house. But when you walk onto a pro-stage that comes off the back of an 18 wheeler where you can hear everything perfectly and the people there have decided that they're spending their afternoon with you and your music-- it's a whole other type of motivation that I don't think we've really experienced before. We truly can't say exactly what's to come, other than more music and more shows, but it's been quite a transition and that was a great pay off moment.

> ***"There's someting really special about forming a band that is based on a friend group, rather than individual musicians."***
>
> EVAN ALLIS '15.5
>
> VOCALS, SONGWRITER

EA: I'd also [add] that in these last three months, we as a band have gotten more attention then we've ever had before. And that's also been the three months where we've been more scattered geographically and more in our own lives then we've ever been before. It's just a testament to what it means to be a band nowadays. I'm certainly someone who loves live music, and I miss playing with these guys all the time, but the internet has enabled us to grow the band and reach a new audience while we are living hundred and hundreds of miles away from each other.

JLB: The fact that we've been able to maintain momentum without being together has been really important. Transitioning out of college, we have these friendships that will very much endure. We have that foundation to build on and we really enjoy spending time together and playing music together I think that having that special connection to each other and through that to the songs that Evan writes gives us motivation to come together and to play together again because. So I think that's been really important for keeping up motivation for continuing this.

EA: Why wouldn't we keep doing this? Why wouldn't we keep providing a reason for Middlebury kids to get back together? We'd love to do that in cities all around. There's just nothing cooler than being the reason that not just our friend group, but other friend groups to get together and rally around this thing that is an important part of our shared college experience.

MC: Would you consider yourselves a Vermont based band?

EA: I definitely consider a Vermont based band even though we are all spread out. I think that this band could probably only resonate in a place like Burlington. I also think that we might not have gotten the same following if we started our band in Brooklyn or LA where there seems to be a lot more expectation of what a band should sound like or not sound like. I am really proud to be a part of a band from Vermont, and I probably will always think of us that way.

MB: And there is something very special about the Burlington music scene. There's a really outsized, vibrant music scene for the size of this hardly city, big town. Having lived up there and met more musicians that are in the scene, it's similar to Middlebury in that it's sort of the logical next step; a place where art and all of its forms, but especially music and all of its genres is nurtured without any prejudice of what it is supposed to sound like.

MC: What's next? Any tour dates coming up?

MB: No tour dates yet, but we'll get back at it soon. Our next big project is to record some more music, and we are excited to do that. We have a lot of old songs that haven't been recorded from the earlier days, and Evan has written new stuff right now that is really special. So that's sort of the order of operations in our minds, especially when we are still scattered. Evan needs to get Hillary elected first before we can do anything else.

EA: Yeah, November 8th is the election, and November 9th is the first day of work on the new album.

MC: Favorite on-the-road-story .

JLB: I think there's a stand out.

MB: Are we going here guys? Are we doing this one?

EA: Yeah, sure, why not.

MB: So we had a non-tour, tour before our senior year. We went out to LA, where Evan is from and worked on some tunes out there. We recorded some stuff that never saw the light of day. And then, proceeded to buy a van, and drive across country, or attempt to. We had some good antics along the way that probably can't be printed in the school paper. We had a late night drive that put us in the middle of South Dakota, and we had 48 hours to get to our show in Philadelphia, the only real show on the tour. But the van broke down beyond repair in Kimball, South Dakota. The 48 hours to get to our show quickly became 30 hours. So we took the other car we had and a U-Haul truck, and drove through the night to get to this show. At the show, we played what I recently described as the worst music ever made. We were just completely exhausted and had some technical difficulties. It was kind of our first time playing on a real stage in a venue in a new city. It was a big growing pains moment. Now we know the importance of topping off your oil when you're putting a lot of miles on a vehicle, and that it's important to plan more effectively than we did at that young stage in our careers.

THE NEW OFFICIAL PIZZA OF THE MIDDLEBURY CAMPUS

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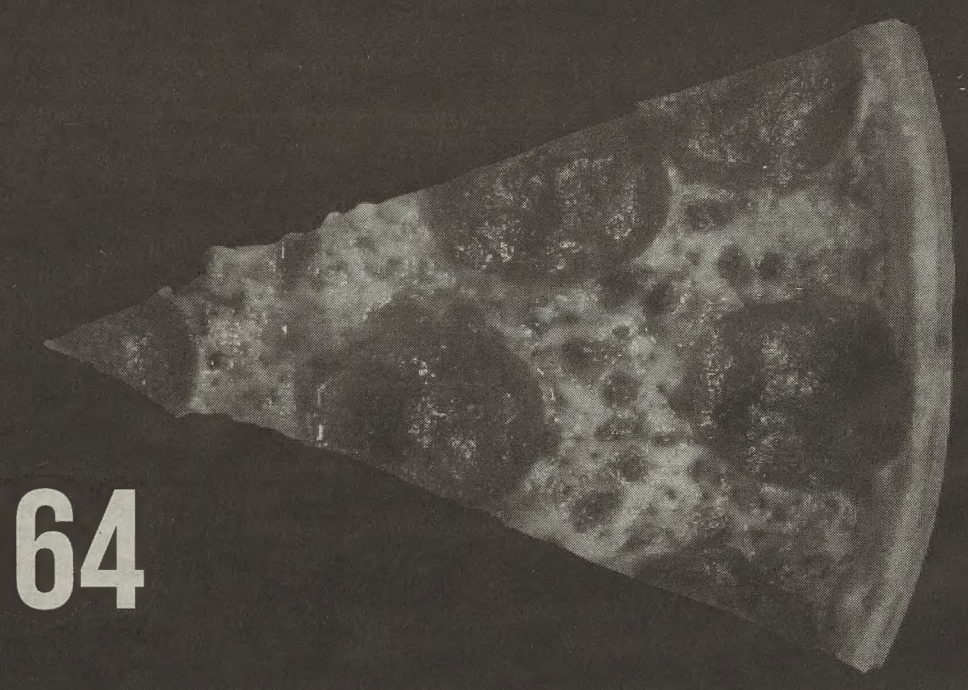

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THE CAMPUS WANTS YOUR OPINIONS!

THIS YEAR, WE ARE INTRODUCING A NEW FEATURE IN OUR OPINIONS SECTION, WHERE WE PUBLISH A VARIETY OF 200-400 WORD RESPONSES ON A SPECIFIC TOPIC.

THIS MONTH'S TOPIC: *THE PRESIDENTIAL ELECTION*

WHICH CANDIDATE DO YOU LIKE? WHAT ISSUES DO YOU WANT ADDRESSED?
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SEND US YOUR THOUGHTS, AND HAVE THEM FEATURED ALONGSIDE OTHER RESPONSES! WE ARE ACCEPTING SUBMISSIONS UNTIL OCT. 2.
FORWARD YOUR PIECE TO CAMPUS@MIDDLEBURY.EDU

OPINIONS

Disclaimer: Reader op-eds do not reflect the opinion of *The Middlebury Campus* editorial board.

Voting: A Way to Engage as a Student and Citizen

EDITORIAL

The editorial represents the official opinion of the editorial board of The Middlebury Campus.

To say that this presidential election is not like any before is an understatement. With the explosion of social media and an increasing divide between the far left and the far right, this election is charged in a way it has never been before. Each side is quick to demonize the other; a Trump supporter is a bigot and a Clinton supporter supports the establishment and the status quo.

Perhaps the most common phrase being tossed around on either side is "the lesser of two evils." Many people on both sides feel dissatisfied with their candidate and see them only as better than the other. In fact, Hillary's campaign has largely switched their strategy to bashing Trump and talking about the catastrophe that a Trump presidency would entail.

It is hard to imagine the country coming back together as it was after the election. Hillary's accusation of Trump supporters being "deplorables" resonates with and isolates too many. Whether she and the Republican party will be able to reconcile should she come into office is dubious. A majority

"We need young, impassioned, thoughtful and nuanced people to throw themselves into politics."

Republican congress would block her at every turn. Likewise, a good portion of Bernie supporters dread a Trump presidency and it is not uncommon on Middlebury's campus to hear students discussing what they will do if Trump wins the election.

As millennials, we are not outside the arena of blame and scrutiny. We come under attack as people who will not vote or who will vote for Trump out of frustration because we are disillusioned after Bernie lost the nomination. We are blamed for being overly politically correct, for expecting to be coddled, and we are never included among "likely voters" in polls.

Yet so much of what will be decided under the next presidency will directly impact our lives. Where the U.S. stands on the world stage, its international reputation and even the deficit that we will inherit will look starkly different under a Clinton or Trump presidency. Still, there are so many ways in which we do not even see ourselves reflected in the candidates' policies. The next president will likely determine the trajectory of private higher education and the role of student debt in our lives, and yet neither candidate has spoken convincingly about these issues. Additionally, sustainable energy and environmental protection are issues that belong to the younger generation; we are the ones who champion these things and the ones who will suffer the consequences should we fail to act. Neither candidate has made taking big money out of politics a priority, a common issue among many millennial voters.

"Regardless of your views, we need to see a high millenial turnout in this election."

These shortcomings of the candidates make it easy to leave the fray, disillusioned and discontent, and to walk away from politics, throwing the whole system away as corrupt and impenetrable. But we can't walk away. Instead we must use this as incentive to push forward with the issues we care about.

We need young, impassioned, thoughtful and nuanced people to throw themselves into politics, to keep up and build the momentum of movements we support. In the most basic form, this means we need to vote. That means registering and ordering those absentee ballots. We need to be likely voters so that politicians cannot dismiss us and the issues we care about as unimportant or irrelevant. If we turn out in large numbers and continue political action, hopefully politicians will begin to reflect our views and maybe then we won't always find ourselves voting for the "lesser of two evils". Regardless of your views, we need to see a high millennial turnout in this election.

The Campus aims to be a space to foster activism and dialogue. Next week, we will be running a special page in the Opinions Section where students can write a 200-400 word paragraph on their views on the election and on the candidates. We want this space to be a place to represent student political views and to stimulate dialogue on campus about the future of this country.

The Middlebury Campus

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THE BENEFIT OF GOOD REST AT MIDDLEBURY

SWUGLIGHT

Sophie Vaughan '17 *writes about the trials and errors of college.*

My junior year high school English teacher told the class not to turn in late papers, "because you do your best work in the middle of the night anyways, so just do it the night before."

Despite several warning signs — this teacher wore the same thing multiple days in a row and always seemed frazzled — I considered her a good authority on lifestyle choices.

I spent the rest of junior year falling in love with the middle of the night, which I utilized as a personal rebellion against the rigid structure of high school and which afforded me uninterrupted time to think. Plus, I appreciated the high of being half-conscious after five hours of sleep because it served as an effective antidote for my rampant adolescent energy.

However, by the time I finished high school, the sleep-deprived high I had once savored receded into painful zombie-hood.

When I arrived at college I promised myself I would sleep more and enjoy the place I worked so hard to attend. Luckily, my first-year roommate was an athlete and, like many athletes, had impeccable time management and got a solid 8-9 hours of sleep a night. I would come home at night expecting to do more work but the lights would be off and I decided that if my roommate was sleeping I probably should be too. I felt great!

The only problem was that I rarely finished any of my work during first year. I wanted to be a more actively engaged student but continue to sleep, so sophomore year I instituted a puritanical regiment of school and sleep. All seemed well—but I had no fun!

I wanted to do well in school,participate in my community and have fun, but I didn't know how to make it all work. A simple triangle diagram with "good grades" at the first point, "social life," at the second and "enough sleep" at the third solved my dilemma. The diagram was titled "College" and said "You can only choose two." I took this semi-literally and chose "good grades" and "social life" the spring of my sophomore year.

Serious students didn't sleep, and if I had gotten away with little sleep in high school I could do it again in college too, I thought.

Wrong. That semester was a blur. I processed little of the information in my classes, took five hours to finish a one hour assignment, drank an obscene amount of coffee, felt mentally unstable, was unable to be present with my friends, took random naps during the day and spent much of the nighttime hours trying to keep myself awake and justify my sleep habits by reading articles on the internet such as, "19 Successful People Who Barely Sleep."

Without sleep, I got neither "good grades," nor "social life."

I lamented that I could not get away with as little sleep as I was able to in high school, but realized I was doing some major revisionist history on the memories of my high school sleep habits.

In reality, each sleep-deprived night I had in high school I followed up by sleeping 9-10 hours and skipping my first period "Christian Morality" class in which we watched and discussed the moral dilemmas presented in movies such as "Schindler's List" and "My Sister's Keeper." Also, I slept 10-12 hours each weekend night, whereas at Midd I lose sleep on the weekends instead of catching up.

Towards the end of the semester I acknowledged that I had a sleep problem and asked a professor whose work-life balance I admire how she does it. Her answer: sleep a lot, wake up early, and don't drink coffee.

The next semester I did just that. I found I was naturally more efficient in the mornings and felt like I was cheating the day by somehow getting more time—at last, I acquired Hermoine's Time Turner watch! I went to bed early, had time for friends and fun, and stopped drinking excess amounts of coffee as I realized the buzz I got from coffee made me less focused and thus less efficient.

Going forward I hope that we can change our cultural zeitgeist around sleep on campus and understand, as Dr. David Gozal put it, "that similar to other healthy behaviors, sleep is not a tradable commodity but rather a life-sustaining physiological function."

At Middlebury we value exercising and eating healthy but don't value sleep to the same extent. Barbara McCall, Director of Health and Wellness Education, has long sought to evangelize the benefits of good rest and told me that our brains don't fully develop until 24-26 and so it is critical for college students to get at least 7-9 of sleep a night. She also noted that, because college is such a massive period of change and stimulation our brains need sleep more than ever to interpret and make meaning of what we experience during the day. Another of McCall's factoids was a surprise to me—avoid drinking too frequently right before sleep because while alcohol may make you feel sleepy it actually disrupts sleep.

McCall also said to be conscious of the line between tired versus exhausted because, as she put it, "one of the signs of exhaustion is disrupted sleep so when someone is tired past the point of being able to cope it can actually be hard to sleep because the body is in stress mode because it's been so depleted."

The health and wellness center in the service building has free eye masks, earplugs and copies of Arianna Huffington's new book, "The Sleep Revolution." And McCall is always available to recommend ways to improve yours sleep, such as NASA tested 26 minute power naps and the app Flux, which makes the color of your computer's display adapt to the time of day.

Of course we'll all never be able to get the perfect amount of sleep, but I think we should try. Not just because it makes strategic sense for increasing the productivity of our schoolwork, but, more importantly, because we'll be more present for our friends and loved ones if we sleep more and will thus be a healthier and more vibrant community. I think that's something worth sleeping for.

NOT ALL CANDIDATES ARE CREATED EQUAL

NOTES FROM THE DESK

***Edward O'Brien '17 and Sara Hodgkins '17.5** write in about the disparity between the presidential candidates.*

As evidenced by last Monday's debate — and the months of political argument that preceded it — we have quite the election on our hands. We could choose a woman who has served for eight years as secretary of state and for eight years as a New York senator. Or, we could choose a more-orange-than-not man with no political experience — one who has asserted that he would date his daughter if they weren't related by blood and told a female contestant on his reality TV show, The Celebrity Apprentice, that she would look good "on her knees." It may seem that those last two statements are reveal a bias; that they favor Hillary. But they aren't opinions. They are just facts.

"... The media ought not to downplay... lies in order to preserve some semblance of stability in the current electoral climate. Outrageous statements must be met with outrage. Lies must be corrected."

Facts are a central issue of this election cycle — namely a blatant disregard of them. Many have debated whether moderators should fact check or remain neutral. The problem: facts are neutral. It is not the duty of our democracy to throw aside all evidence and reasoning in order to give our presidential candidates equal footing. In fact, quite the opposite: there is a duty to hold the people who want to run our country to a high standard of truth and fact.

Many people have tried to retain a sense of normalcy during this election cycle, to maintain the integrity of the standard two-party system. We're used to presidential races where each party's candidate can be treated as a viable, serious candidate — but that is not the case this time. Treating presidential nominees with seriousness and respect is important from an institutional standpoint — we wish to see the democratic process respected. However, lines must be drawn: a presidential nominee cannot be permitted to openly and repeatedly lie. Furthermore, the media ought not to downplay those lies in order to preserve some semblance of stability in the current electoral climate. Outrageous statements must be met with outrage. Lies must be corrected. The Republican candidate did not immediately disavow white supremacy; he was found to be a documented chronic liar; he joked about "second amendment people" taking care of his opponent; he called Mexicans rapists and murderers; he called for the return of stop and frisk, a policy deemed unconstitutional by the United States Supreme Court; he asserted that women who have abortions should be punished. To create space for the Republican candidate's arguments is to relegitimize the historically-oriented and systemically-reinforced oppression of marginalized groups.

We are under no obligation to entertain the Republican candidate's rhetoric as normal; to normalize it would be dangerous. We cannot protect or praise a reality in which blatant racism masquerades as honesty; we cannot allow the progress of the Civil Rights Movement to be undone; we cannot listen to the rhetoric that insists black lives don't matter; we cannot be fooled into believing marginalized groups are not as thoroughly marginalized as they are; we cannot accept the notions that those marginalized groups do not deserve thorough and overwhelming justice. We cannot tolerate a presidential candidate who perpetuates the notion that Muslims, immigrants and people of color are disposable, that their worth is open for debate.

"To create space for the Republican candidate's arguments is to relegitimize the historically-oriented and systemically-reinforced oppression of marginalized groups.

We are under no obligation to entertain the Republican candidate's rhetoric as normal; to normalize it would be dangerous."

"We cannot tolerate a presidential candidate who perpetuates the notion that Muslims, immigrants and people of color are disposable, that their worth is open for debate."

We have outlined the dangers of a Trump candidacy, which could lead some to believe we support Clinton unreservedly. We also recognize that voting for a candidate is not an endorsement of everything they believe, but it is a judgement that one set of problems is easier to live with than the other.

While we have general confidence in Clinton's competence and endorse many of her policies, we do not pretend she is not flawed. We are concerned, in particular, about her often warmongering foreign policy tactics, as well as her connections to financial institutions. But these concerns pale in comparison to those Trump's candidacy raises. We urge the reader to consider Trump's temperament, his affinity for 'strong leaders' (i.e. dictators), his assertions that the key to the Middle East is to "control the oil" and his repeated attempts to undermine the marginalized for the benefit of the already powerful. Neither candidate's presidency would be without its repercussions. But we firmly believe that the repercussions of a Trump presidency would far outweigh those of a Clinton one.

SUFFRAGE INCLUDES THE RIGHT TO BE UNSURE

NOTES FROM THE DESK

***Henry Burnett '17** writes in about voting for the first time in a presidential election.*

Like many of my peers across campus, this November I'll be eligible to cast a presidential ballot for the first time in my life. Growing up in the swing state of North Carolina, where vitriol and attack ads filled air waves each year, I anxiously awaited the day my vote could make a difference. I figured I'd walk into the voting booth, glance nervously around the room to see who noticed my inexperience and then pencil in the box for a candidate – presumably, my champion – I'd come to love and support. But this year, I've considered instead leaving the box blank.

As students at one of the nation's top schools, we're used to getting things right. We learn to reason and justify and make arguments sound. It's uncomfortable for us to sit with opinions and ideas that challenge our beliefs, or even acknowledge that those differing opinions exist. Rather than lean into discomfort, we bristle and freeze. But the moment we become as rigid as the ideas we seek to criticize, we become the very thing we fear. Close-mindedness hinders the freethinking we all hoped to find when we chose this school, a place heralded as a sanctuary for discourse and debate.

Likewise, on our polarized campus, the election has little room for debate. Here, Hillary Clinton equals everything that Donald Trump does not. Conversations in class and clubs have revealed to me that many students equate a hesitation to support Hillary with a deliberate endorsement of the policies of Trump. Fellow students who remain unsure of how to proceed in this election are seen as selfish or stupid or even full of hate. This simplistic view has lead to a righteous "us" versus a demonized "them," to an all but total breakdown of dialogue and to a charged atmosphere where many are afraid to question or speak their minds. It's unfortunate that there's no room for anyone still trying to find their way.

"Close-mindedness hinders the freethinking we all hoped to find when we chose this school."

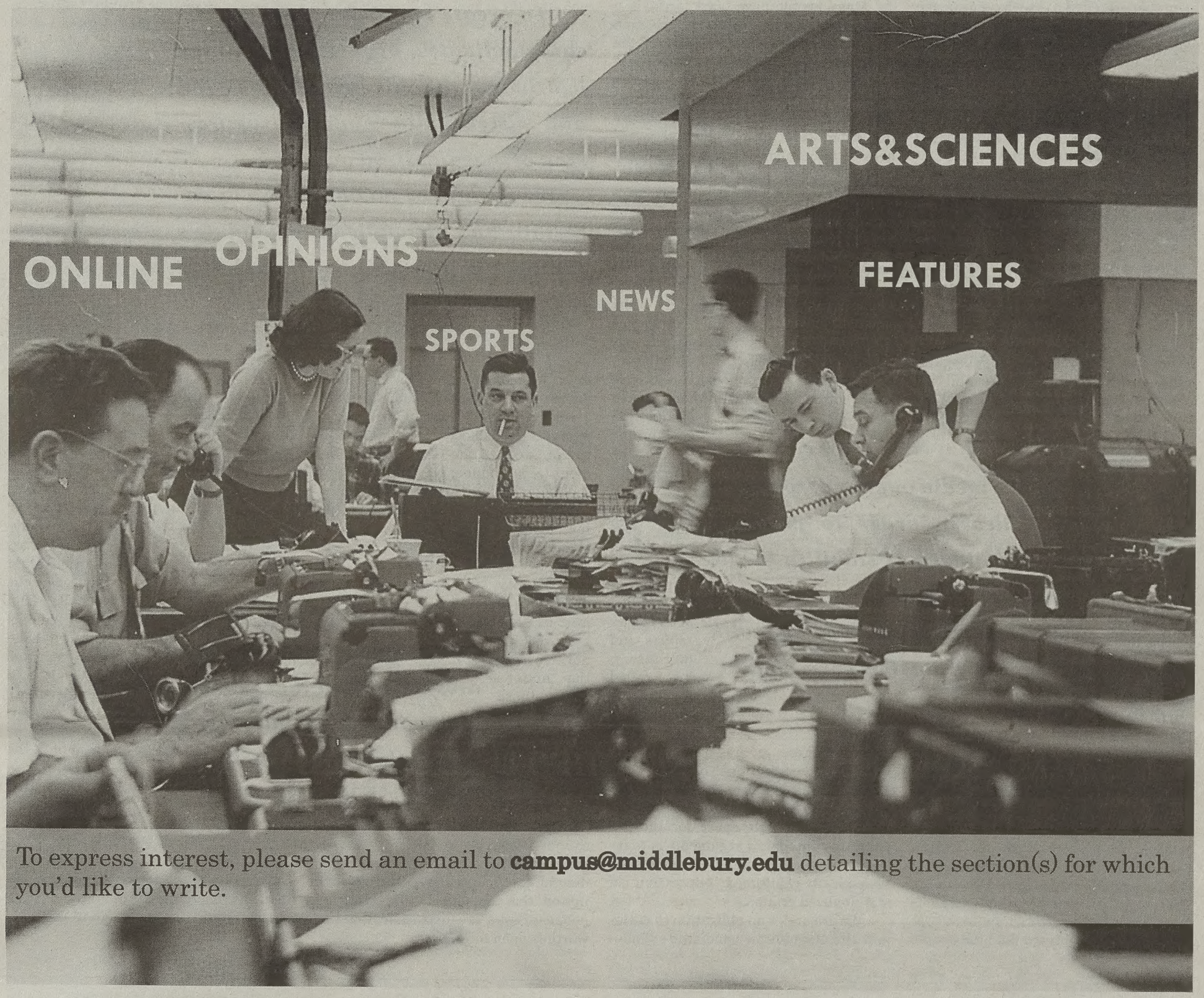
"I'm simply taking my time because I refuse to regret the first ballot I cast."

It's in this place that I've struggled in secret to figure out where I stand. I can't live with voting for a racist, sexist xenophobe and – for now, at least – I can't live with voting for a career politician whom I just can't seem to trust. Alas, I've been afraid to share my doubts out loud for fear of labels like "ignorant" and "insane." It's easy to say, "Choose the lesser of two evils." It's much harder – especially on this campus – to take time to grapple with the magnitude of voting for any kind of evil at all. Some will call me self-serving or mistake this abstinence for apathy, but I promise I really care. I'm simply taking my time because I refuse to regret the first ballot I cast.

As November nears, I will likely find myself in the Hillary-to-Stop-Trump camp. But I won't run straight there because someone tells me I should. As I wrestle with the decision of how to cast my vote, I call on all the College to do the same. This isn't about supporting everyone's decision, but rather creating the environment that lets us make decisions for ourselves. To those who remain unsure, I say: You're not alone. Don't be shamed into supporting someone because popular opinion says you should. Instead, engage in the process. Consider your values. Evaluate the choices. Be honest. No matter what anyone tells you, vote for yourself on Election Day.

WANT A PIECE OF THE ACTION?

The Middlebury Campus is seeking people to join our team for the fall semester. Writers are needed in the following sections:



To express interest, please send an email to **campus@middlebury.edu** detailing the section(s) for which you'd like to write.

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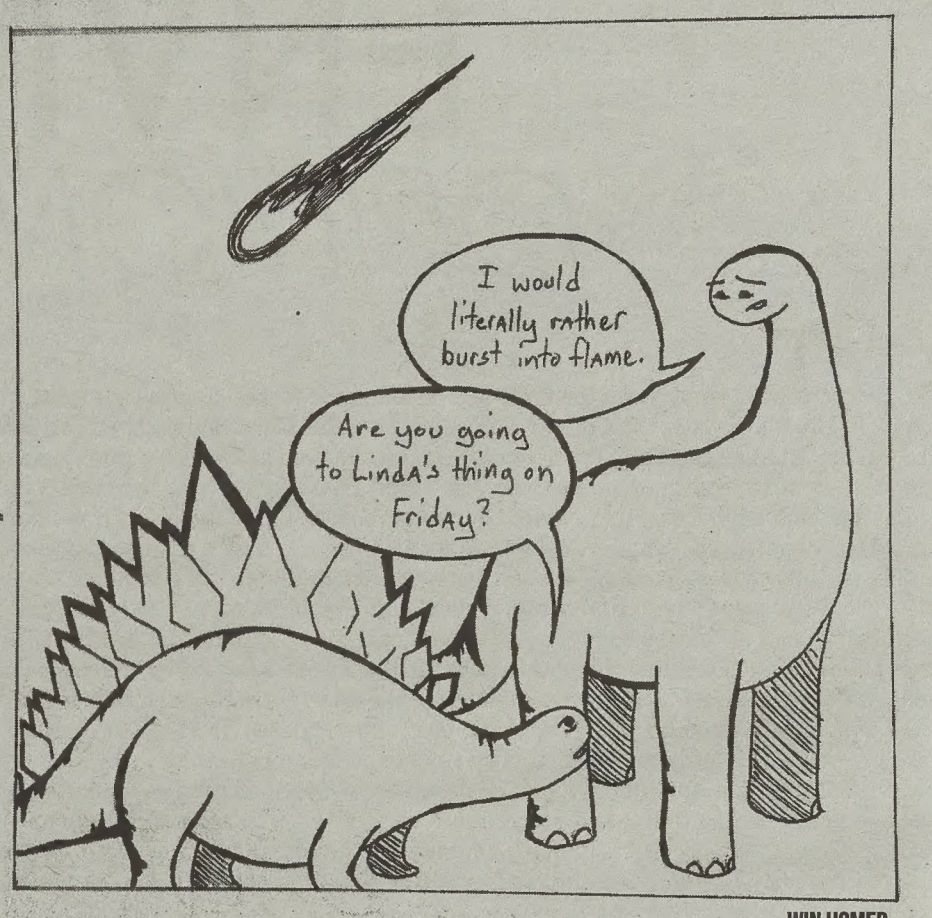
CARTOONS

The Middlebury Campus

The Paranoia Plague

KAITLYND COLLINS



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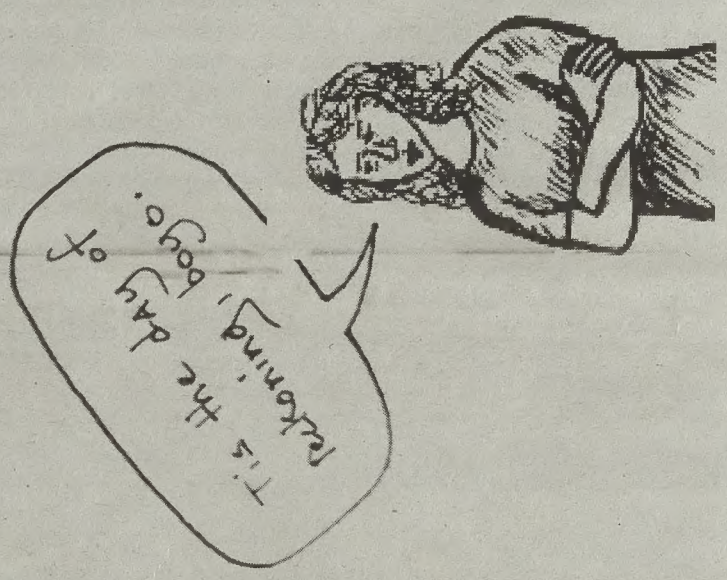
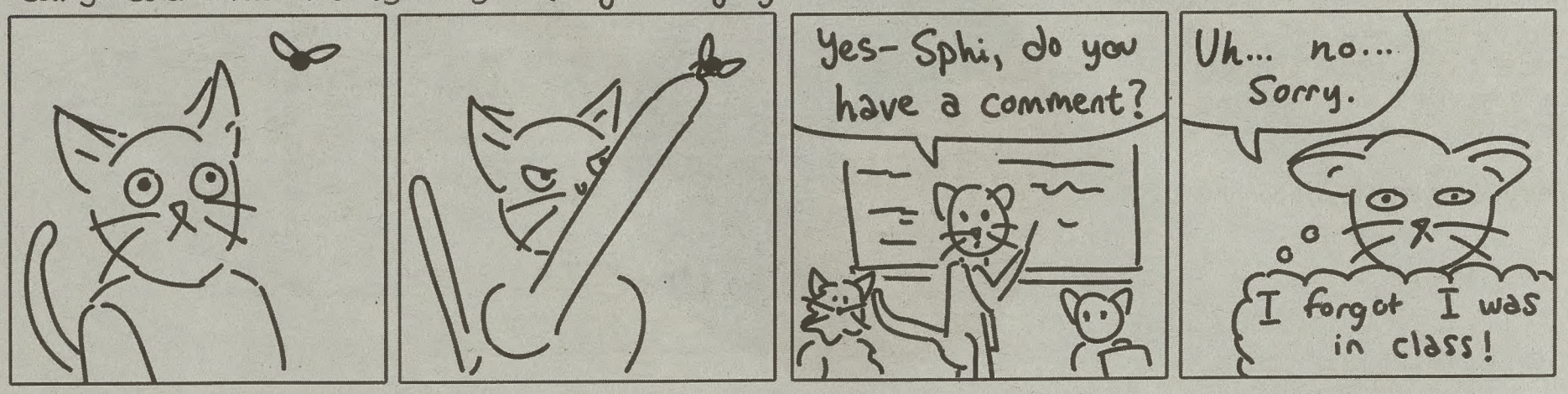


URIEL ULLOA ADAN

College Cats: Senior Year by Emily Cox go/comicsbyemily



ENVIRONMENT

OPINIONS SPLIT ON COLL

This year marks the College's deadline for carbon neutrality, a goal it set back in 2007. Last year, the College also celebrated the 50th anniversary of its Environmental Studies program, the nation's first, established in 1965. Despite these milestones, some think that other sustainability efforts have faded from the spotlight. The last time Middlebury students entered in the national Solar Decathlon competition was in 2013. Membership in the once-famous Sunday Night Group, a student organization affiliated with award-winning environmentalist Bill McKibben, has dwindled.

During this year's Homecoming weekend, President of the College Laurie L. Patton wielded a pair of scissors outside the College's new Center for Creativity, Innovation and Social Entrepreneurship (CCISE). She spoke a few congratulatory words, encouraging all students to take advantage of the new resources to pursue their ideas and passions. Then, with a quiet snip, the blue ribbon floated gently to the ground. The Center was officially open. A crowd of students and alumni cheered.

Compared with the College's environmental efforts in past years, the new developments at the CCISE and other programs focused on entrepreneurship have led some students to believe the College is prioritizing its resources to develop student entrepreneurs. The perceived shift appears to be just that – a perception – albeit a controversial one.

PUBLICITY AND THE COLLEGE'S IMAGE

In 2015, *Forbes* magazine named Middlebury College a leader among "soft" liberal arts schools in teaching "hard" business skills. The basis for this recognition was the growing popularity of its flagship program, MiddCORE.

Vice President for Communications and Chief Marketing Officer Bill Burger said the College's engagement in entrepreneurship can trace its roots to the tenure of former President of the College Ronald D. Liebowitz.

"Ron Liebowitz was eager to create opportunities for students to engage in programs that bridged the classroom – the traditional liberal arts – and experiences that were a bit more hands on, but were [still] true to Middlebury. The approach of Middlebury for the last 10 to 12 years was to experiment and social entrepreneurship fits this really well," Burger said.

Burger said that social entrepreneurship and environmentalism are not mutually exclusive.

"I don't believe that the emergence of these programs represents a shift away from environmentalism or sustainability. I think it's a dangerous slide into a zero sum where somebody else's gain is somebody else's loss," he said. "I think the opportunities for experience that we've created actually can apply very much to the environmental programs ... it's additive."

Similarly, Professor Peter Ryan, the current chair of the Environmental Studies program, said that he had not noticed a decline in environmental activism among students, nor in the administration's support for sustainability efforts on campus.

"Sunday Night Group – maybe that activity has decreased, but there seems to be interest in race, environmental justice, equity," Ryan said. "Middlebury students have shifted their focus more to equity, poverty and environment, unequal burdens of environmental contamination."

And while the administration has not 'renewed' faculty positions, or hired new professors to replace those who retire, in all departments, the number of professors within the Environmental Studies program continues to grow, Ryan said.

Student perception of this as a shift or an addition of resources is mixed. Of 40 survey responses, sent to students in the Economics department and Environmental Studies program, students were split evenly on whether the College's focus had shifted from environmentalism to entrepreneurship during their time at Middlebury. Broken down by major, however, Environmental Studies students were more likely than those in the Economics department to perceive the Middlebury 'brand' as focused on social entrepreneurship over environmentalism.

THE "RISK GENE" AND BARRIERS TO ENTREPRENEURSHIP

While the College does not claim to be shifting away from its environmental focus, recent publicity has highlighted the institution as a leader in student entrepreneurship.

And in the wake of last year's heated discussions on campus inclusivity and privilege, important questions remain on whether all students have equal access to entrepreneurship opportunities. From finding the funds to knowing the 'right' people, there are many socioeconomic barriers to creating a business.

While research shows that some people are biologically predisposed to take risks, such a "risk gene" cannot reliably predict who becomes an entrepreneur. Recent data indicates that it's not inherited DNA, but rather family wealth, social status and education that best predict a person's choice to start their own business.

The average cost to launch a startup is $30,000, according to the Kauffman Foundation, a Kansas-based non-profit that focuses on entrepreneurship and education. More than 80 percent of a startup's funding comes from personal savings and money from family and friends, the Global Entrepreneurship Monitor published in a recent report. Likewise, a 2013 study by economists at the University of California Berkeley found that most entrepreneurs were white, male and highly educated.

But not every student on campus has equal access to the capital and connections crucial to entrepreneurship. The CCISE offers grants and programs that provide students with both.

MIDDCORE

MiddCORE began as a winter term class for highly motivated Economics majors in 2008. Jessica Holmes, the current director of the program, described it as a "business boot camp." Today, it is offered both as a workshop, a winter-term class and as a two-month long summer program.

"[MiddCORE] has changed dramatically over the years. It is now a leadership

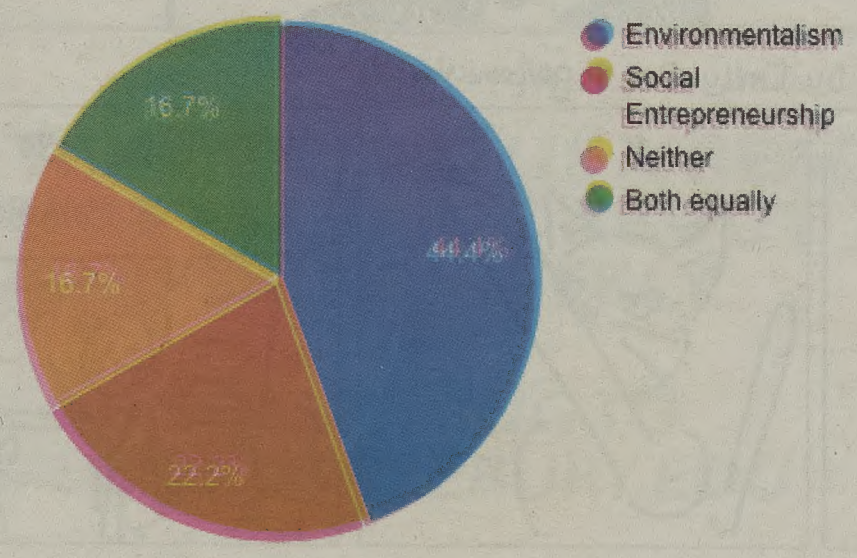
Do you perceive the Middlebury brand to be focused mo

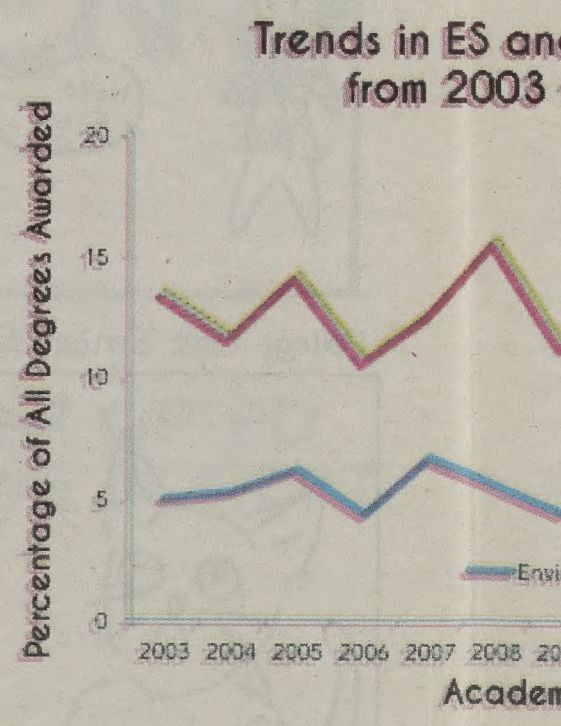
"Carbon neutrality and the idea of a green school were promoted during my college tour in 2014 and Preview Days in 2015, but since arriving on campus last fall there seems to be much more promotion of CSE/MiddCORE than any environmental program. This may be because of the people with which I surround myself and the classes I choose to take, but I definitely think it's fair to say that the Environmental School is not promoted nearly as much as MiddCORE."

- Meaghan Glidden '19, Economics

"I think the college wants to promote both environmentalism and social entrepreneurship, but because the latter started more recently, it might seem like the focus is shifted. It's not a one or the other question because they're not competing for funding or anything. In a lot of ways these two causes go hand in hand."

- Chloe Jialong Wu '16.5, Economics





By Hye-Jin Kim,
Henry Burnett and Renee Chang
Design by Julia Hatheway

T OR ENTERPRISE?

OLLEGE BRAND AND FOCUS

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and innovation program designed for students from any major with any career interest who want to build skills in leadership, collaboration, strategic thinking, design thinking, persuasive communication," Holmes said in an e-mail.

In this year alone, over 100 students enrolled in MiddCORE. The majority of them, over 70 students, attended the summer session held off-campus in Lake Tahoe, Nevada. The two-month program costs $9,500. Although need-based scholarships are awarded on a first-come first-serve basis, Holmes said funding is limited.

Holmes said the summer program is more socioeconomically diverse than the J-term class despite the tuition barrier due to scholarship aid. Roughly half of the participants received financial aid. The exception is last summer when only 27 percent of participants received scholarship funding, due to "belt tightening" in the College's budget.

"This past year, we exhausted our aid earlier than we would have liked and had to turn some students away," Holmes said.

But for those students who attend MiddCORE, either in J-term when it costs nothing or on scholarship during the summer, the program could be an invaluable step toward leveling the entrepreneurship playing field.

"By offering access to training, mentors, funding and space, the Center [for Creativity, Innovation and Social Entrepreneurship] tries to make it possible for any student to pursue their idea, no matter their socioeconomic background," Holmes said.

Holmes cited the plethora of outreach materials scattered across campus, from posters to table placards, as one way the program is trying to reach all students. The Center has also reached out to Posse mentors and Chief Diversity Officer Miguel Fernandez and Director of the Anderson Freeman Center Roberto Lint Sagareno to brainstorm ways to increase the MiddCORE's diversity.

"The program initially attracted Economics majors interested in business but with the curricular changes, it now attracts students from every major and every career interest. It is not uncommon for a MiddCORE cohort to include students from over 25 different majors," Holmes said.

Georgia Grace Edwards '18, an International Politics and Economics major, attended MiddCORE in Lake Tahoe this summer. She said only 30 percent or so of the students in her class were economics majors, though she had expected many more.

"It was diverse, which definitely aided in the amount of learning and growth that occurred there," she said.

But according to another student who took MiddCORE last winter term, a dominant demographic does persist.

"It's lots of Econ majors, from just outside of Boston. I remember being in a circle of guys all talking about the private New England boarding schools they attended," said the student, who was granted anonymity due to their ongoing connection with the Center in pursuing a startup idea.

Despite their differing opinions on the lack of diversity, both students praised the program as an important part of a liberal arts education.

"It's not a creative writing class but it's important for students. You learn skills and gain confidence," the anonymous student said. "Although MiddCORE has a pre-professional component, at no point do they tell you what to do to succeed. They give you a schematic of possibilities and then students try it out."

According to the most recent MiddCORE brochure, 98 percent of participants felt the program "showed them how to approach strategic challenges in new, creative ways." More than 94 percent felt more confident as leaders and public speakers.

"MiddCORE teaches you that you don't need a set of family ties or a huge bank account to be an entrepreneur; instead, you need a core set of skills and values, along with a true sense of determination and resilience, and anyone and everyone can obtain these things," Edwards said.

In addition to MiddCORE, Midd Entrepreneurs is offered as a winter term class for students with startup ideas, providing them with the time, skills and connections to nurture their small businesses. Unlike MiddCORE, interested students must pitch a startup idea before enrolling in the class.

"I think everyone in the class was from a pretty well-off background," said Zachary Ness '15.5, who took a Midd Entrepreneurs class two years ago. "I was friends with a lot of people and I know what their parents do."

"There's a higher propensity for taking risk here, because so many people have financial safety nets from their families," he added. He and his friends developed a nicotine drink that eventually won the class competition for best business pitch. Yet upon graduation, he said they all chose 'stable employment' over the risks of starting a business from scratch.

EQUAL ACCESS TO FUNDING

In addition to classes like MiddCORE and Midd Entrepreneurs, the CCISE sponsors six fellowships every year, providing students with up to $8,000 in funding and professional guidance to pursue their business ideas. The Center also awards MiddChallenge grants of $3,000 to students interested in starting their own business over the summer.

Though unaffiliated with the Center, the Ron and Jessica Leibowitz Fund for Innovation is another funding source for 'experimental ideas and projects' to improve the Middlebury community. Unlike MiddChallenge grants, there is no designated funding limit and it is also open to faculty and staff applicants. Proposals requesting $2,000 or less are reviewed on a rolling basis, while more costly projects are reviewed every semester.

Whether students wish to develop business skills or stick steadfastly to a liberal arts curriculum, the College's entrepreneurial offerings continue to expand. Although some students believe that enterprise priorities are eclipsing environmental commitments, The Campus did not find any data to substantiate those claims. Nevertheless, the public perception of current students, graduates and prospective students is shifting as the spotlight swings from the College's sustainable commitments to its pre-professional offerings.

used more on environmentalism or social entrepreneurship?

"I think the Middlebury 'brand' is quite different from the actual 'focus' of the College. Too many times have I seen the College make blatant decisions that favor other priorities than that of the environment - namely that of divestment - which to me evinces the division between what Middlebury sells itself to be and what it actually is. This is where I think the shift in focus has been for Middlebury, trying to put the environment first and be more innovative and progressive in that respect, but in the end falling back to the security of money and reputation as a high end school."

- Vassily Zavoico '17.5, Conservation Biology

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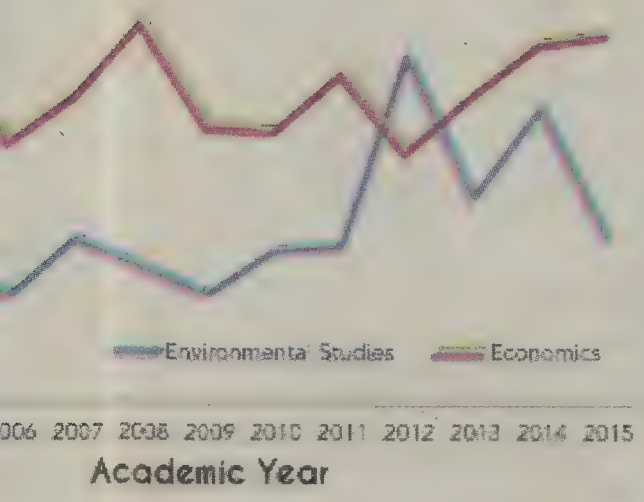
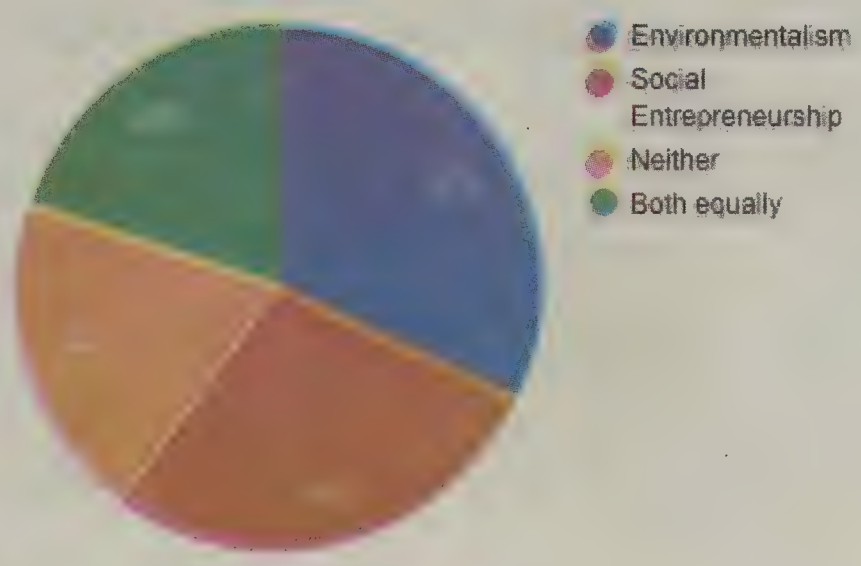


Environmental Studies Majors



"As a fellow at the Center for Social Entrepreneurship and an Environmental Studies major, I do feel that the college has ramped up its programming on social entrepreneurship. Regardless, I feel neither are enough of a focus to represent the actual brand or ethos of the school."

- Michael Shrader '18, Environmental Studies and Economics

What Happened to All the Dining Halls?

By Tabitha Mueller
Contributing Writer

Pasta Wednesdays at Atwater and taco Thursdays at Proctor, were special days that students looked forward to. This year, they are gone, replaced with a standardized menu across all dining halls. But this is just one of many changes that Dining Services is implementing in an effort to match student needs and improve the overall dining experience.

Dan Detora, executive director of food service operations for the College, said that Dining Services has also created student discounts at 51 Main, installed an electronic menu management system, added panini makers to Ross and renovated Midd-Xpress. Standardization of the dining hall menus is part of a much larger goal of overhauling dining and making nutritional and allergen information more available to students at they fill their plates.

"We are one of a few schools that doesn't [currently] post nutritional information," Detora said.

Standardizing the menus gives college staff the ability to input recipes into a new menu management system that will then calculate nutritional information, such as allergy warnings, serving size and caloric content. Detora hopes that this information will be available to students by Spring term of this year, with digital menu boards arriving in Fall 2017.

Serving a single, standard menu across dining halls at each meal allows the College to provide food vendors with more exact numbers in their food orders, thereby saving money and simplifying Dining Services' food orders.

"The lines in the dining hall are pretty overwhelming at times and we felt that a lot of that had to do with menu selection," Detora said. "The biggest contribution [to the College's sustainability goals] is less food waste. Previously we would see tremendous waste if one hall had an item that students particularly like. The other dining halls would be less crowded, and often we would have to discard food that was not eaten."

Ross Dining Hall staff member Randall Bushey said that although the installment of panini machines and the relocation of the salad bar gives workers more maneuverability, "We still have that line at lunchtime that seems like it's always endless."

> ***"The biggest contribution [to the College's sustainability goals] is less food waste, as previously we would see tremendous waste if one hall had an item that students particularly like the other dining halls would be less crowded."***
>
> **DAN DETORA**
> EXECUTIVE DIRECTOR, FOOD SERVICE OPERATIONS

Jacob Dombroski '17 echoed Bushey's concerns about access to the salad bar.

"I remember while waiting in line, constantly seeing dining hall workers having to shove in between crowds of students in order to restock things and it was just incredibly difficult for them to get into the space and work there. I'd like to think that the additional work for them from adding the panini machines has been offset by making the salad bar easier [to access]."

Although some students reacted harshly to the changes, others thought they made perfect sense.

HENRY BURNETT

Students use the new panini makers in Ross Dining Hall. The machines are one of a many changes that Dining Services has made to the dining halls this year.

RENEE CHANG

Ross Dining Hall is filled to capacity at the height of the dinner rush on Sept. 30.

"I completely get that there may be financial and logistical reasoning behind the single menu for all three dining halls," Mariah Levin '16.5 said. "I believe that the ability to have a sense of choice in what we consume is a simple, yet important piece of the puzzle that makes a happier MiddKid. I wonder if there is a way to balance cost, logistics and autonomy."

Dombroski suggested that this choice could come from each dining hall making minor variations on the core menu. "I'm fine with this because there's some value in the three dining halls having these slight aesthetic differences," he said. "Even if we do standardize the menus, can there be a unique experience at each dining hall still? I think there can and I think there is."

> ***"I'm fine with this because there's some value in the three dining halls having these slight aesthetic differences. Even if we do standardize the menus, can there be a unique experience at each dining hall still? I think there can and I think there still is."***
>
> **JACOB DOMBROSKI '17**
> STUDENT

Detora understands that students are passionate about the dining halls, and he wants to include them in the decision-making process. "I've only been here two years," Detora said, "but my general theme with all students is that it's their building, it's their program. I'm working with SGA to have a group of students that are involved with some of the key decisions that dining makes."

That group will have students who are willing to offer feedback, ideas and solutions to some of the issues the dining halls face. Detora said students not in the group are encouraged to submit recipes, comments and suggestions to Dining Services.

When asked about the current SGA Senator elections and the candidate platforms calling for a return to varied dining hall menus, Detora said that such a change is unlikely.

"From my standpoint it will not happen until we have full implementation of our menu management system and can post accurate nutritional information on all menu items. This will take considerable energy and time, so it's not something that will happen this academic year," he said.

Another change Dining Services will address is the switch in Midd-Xpress's supplier. A bigger company purchased the College's old supplier, and the new one offers less products. Dining Services were not prepared for the buy-out which occurred mid-August, but Detora assures students that a wide variety of products should appear in Midd-Xpress in about a month.

As for the colorful dishes that used to be in Proctor, Detora said the decision to change was mostly economic.

"It was changed for a couple reasons, mostly price as the colored plates are double the cost and we would lose many to the dorms," Detora said. "We also felt that the white plates looked nicer and are the same size as the old so there should be little impact to students."

PAID ADVERTISEMENT

ROHATYN CENTER for GLOBAL AFFAIRS aka The RAJ

"Venezuela: The Failure of a Petro-state under Chavez and Maduro"

by **Patrick Duddy**
Director, Center for Latin American and Caribbean Studies, Duke University; former US Ambassador to Venezuela.
TUESDAY, 10/4, 4:30 p.m., RAJ

"Ecologies of Freedom: Global Political Thinking in the Age of Socrates"

by **Joel Schlosser**, assistant professor of political science, Bryn Mawr College.
THURSDAY, 10/6, 4:30 p.m.
Axinn Abernethy Room

"Stateless Children? Surrogacy for Gay Couples in France"

by **William Poulin-Deltour**
Associate professor of French studies, Middlebury College. Lunch is free for current Middlebury College students/faculty/staff; suggested $5 donation for others; RSVP by 10/3 to rcga@middlebury.edu.
FRIDAY, 10/7, 12:15 p.m., RAJ

New Brainerd Commons Dean Brings Passion to Role

By Charmaine Lam
Features Editor

Visitors to Brainerd Commons might notice the series of owl door signs for all members of Brainerd's ResLife staff, one of which hangs proudly on the Dean's office. Over the summer, interior design work has been done to the office and now, visitors are greeted with a fledging owl collection scattered across the room. Watercolor paintings, owl stamps and even a lavender scented plush owl are among the new décor.

This decoration is the work of Brainerd Commons' new Dean, AJ Place. Place stepped into the role of commons dean in August and has since hit the ground running not only with administrative duties and meeting the commons staff and students, but also jumping in with CRA and residential life training and Orientation as well.

"I started back in August and transitioned from my other job, so I jumped right in with CRA training, ResLife staff training and then orientation, so it's been a busy month but it's been great," Place said.

Place's transition from his position as Associate Dean for Judicial Affairs to his new role in Brainerd Commons followed the previous Brainerd Dean Natasha Chang's announcement that she would be stepping away from her position last January.

The College called for applications not only for the Brainerd Commons Dean position that began this semester, but also for the Ross Commons Dean position, which will begin in January.

"The big thing we ask is, can this person work with our students and the changing needs of our students in an effective way?" said Dean of Students Baishakhi Taylor, who is in charge of hiring new commons deans. "Can this person move difficult conversations forward? Can this person help balance the demands and needs of the rigorous schedule our students face within the residential life system?"

CHARMAINE LAM/MM

New Brainerd Dean AJ Place was hired in August and is committed to working on social justice issues to make Brainerd safer, more inclusive, and more productive.

Beyond looking for someone who would effectively play the collaborator role between students and faculty, the administration and other college staff, the selection committee also searched for a candidate that could help bring a more inclusive vision of the College to fruition.

Place's commitment to social justice issues, among them green-dot bystander training and LGBTQ issues, distinguished him from the candidate pool, according to Dean Taylor.

> ***"There is no master plan for change, but I think in general who I am and what I find important might come through."***
>
> **AJ PLACE**
> BRAINERD COMMONS DEAN

For Place, a commitment to these social justice topics reflects less the direction he envisions for residential life and more the personality and style he brings to the position.

"All five of us Commons Deans are different. We want that because there is strength in difference and we all bring unique elements to the table," he said. "There is no master plan for change, but I think in general who I am and what I find important might come through."

Although Place is only wrapping up his second month as Commons Dean, he has already been bringing his own passions and experiences to the job. He and the new Brainerd CRA, Henrik Gunderson '16, have worked together to incorporate social justice issues into ResLife training in the hopes of making the commons experience more proactive and to engage with social justice issues of sexuality, class and race that may be difficult to talk about without a specific type of space.

"An important vision we have for Brainerd is to create a safe and productive environment that pushes our students to take chances and grow, but at the same time provide a safety net when they need it," Gunderson said. "[Place's] experience from working with residential life for so many years means that he can provide important insight in how we handle different situations."

Through his position as Commons Dean, Place seeks to bring authenticity both to his role in the ResLife institutional experience and also to everyday interactions with students within the ResLife structure.

"[Working with ResLife] is more home, and so it's nice," he said. "I enjoy being in a residence hall, I enjoy seeing students at different times of the day and sometimes in the evening, and I enjoy helping them through difficult situations and being around when they're celebrating. It's a different feeling."

While the Commons office has been kept busy with events concerning the first-year experience throughout August and September, Place has gotten to know not only the new Brainerd students through move-in and orientation but also many returning Brainerd students.

"Meeting with returning students is great because it's harder to get to know them as they're not here in the building," he said. "They know that even though there's a new dean in this office, they can still come and find me to get some support and some resources."

As Place moves out of the transition phase of his new position, he continues to meet and work with students to create an inclusive and engaging space within Brainerd Commons.

"All the Brainerd students I've met so far have said that Brainerd's the best, but I think that everybody probably thinks that about their commons," Place said with a laugh. "So far it's been a really great group of students and I'm excited to be working with them."

Middlebury and MIIS Team Up for Research in China

By Addis Fouche-Channer
Contributing Writer

Only a few opportunities so far have let students from Middlebury College and the Middlebury Institute of International Studies at Monterey (MIIS) work together, but Visiting Professor of Political Science Orion Lewis wants to change that. Over the summer, he conducted an ambitious project to bring a group of students and faculty from both the College and MIIS to research the vocational education system in China.

Driven by a grant from the Faculty Fund for Innovation, Lewis used his experience with a similar program in Peru to successfully launch this project and see it through its completion. For his next project, China was an obvious choice of destination: Lewis and his team of faculty members had all previously conducted research there, and they had professional networks that made it feasible logistically to facilitate a project like this.

Lewis explains that the goal of this program was to merge faculty research and student learning, so that the students would work with faculty members on their own projects.

"I started studying the country in college and really liked reading Chinese philosophy; it's so different from anything I've ever read," Lewis said. "My team and I partnered with Wei Liang at MIIS who works on trade in China. We got together and developed a curriculum about experiential field work there."

> ***"This is both the best thing I have ever done as a professional and the most irrational thing I have ever done as a professional."***
>
> **ORION LEWIS**
> VISITING PROFESSOR OF POLITICAL SCIENCE

The curriculum Lewis and his team from Middlebury and MIIS developed became a summer course at the College and a research practicum at Monterey. But it was also an attempt to achieve greater integration between the two institutes, as Lewis sought to create a robust and ambitious undergraduate program that could go beyond just the town of Middlebury.

The group of selected students partnered with the Meta Lab, a research institute at MIIS, to learn the proper research methods used throughout the program. They also worked with Beryl Levinger, dean of MIIS's Developmental Practice and Policy program, to sharpen their skills during their orientation week in China. Armed with better interviewing and questioning techniques, the real work began.

Enrolled students conducted graduate-level research during their time in China. They participated in professional meetings and conducted high-level interviews — experiences that were new to most of the group.

The team split into two groups: one focused on trade and diplomacy while the other looked at development and innovation. After arriving on June 7, those in the trade-focused project stayed through June 28. The development-focused project worked in China until July 12. A total of 22 students participated, 12 from Monterey and 10 from Middlebury College.

Orion Lewis noted that he saw students consistently rise to the lofty expectations set for them and act with a high degree of maturity, professionalism and collaboration.

"I was proud to see them rise to the occasion and maximize the opportunity for learning and personal development, even when there was not a specific assignment for things that they absolutely had to do," he said.

One of the biggest challenges was the language barrier between many members of the Middlebury-MIIS team and the local population. To combat the language barrier, the team enlisted four language interpreters from MIIS, which let Lewis and the team include more students who could benefit from the program but who did not understand Chinese.

Further, the group made efforts towards intercultural communication and to develop social capital in the field. For example, those on the team with Chinese language proficiency used their language skills during meetings even if communication would have been smoother through an interpreter. Such efforts provided the Middlebury and Monterey representatives with the opportunity for immersion in the project and connection with their interviewees.

MIDDLEBURY COLLEGE NEWS ROOM

Middlebury and MIIS student participants pose with Professors Jessica Teets and Orion Lewis for a photo during the research program in China during summer 2016.

Lewis also pointed to another obstacle: the process of making contacts and scheduling interviews.

"China's a very difficult place to do research to begin with due to its authoritarian political system and skepticism of foreign intentions," he said. "On top of that, there is a long-running anticorruption campaign that has dramatically raised the risk level for many local officials and organizations."

One of the most notable examples of this came when the team travelled to Hangzhou, the site of the G20 diplomatic meetings that took place earlier in September. "I think we underestimated how significant these meetings were going to be to the overall security climate and political climate," he said.

Because of this situation, fewer organizations were willing to help the team. In spite of these challenges, they managed to create and fortify many Chinese connections and complete a highly successful research project.

"This is both the best thing I have ever done as a professional and the most irrational thing I have ever done as a professional," Lewis said. "It was the best for all the reasons articulated above, primarily to see the growth and development of the students and how much they took away from the process."

Looking forward, Lewis wants to develop the program into a workshop abroad whose structure can adapt to different research questions. Currently, the program from the previous summer is going through an evaluation period involving focus groups with student participants and meetings with the administration to pinpoint future improvements.

Lewis encourages anyone interested in field research abroad to contact him. His email is olewis@middlebury.edu.

Keynote Speaker Unpacks Mindfulness

By Elizabeth Zhou
Arts & Sciences Editor

(continued from page 1)

For any audience members who remained unconvinced, Jha provided a neurological explanation for the power of mindfulness to combat mind-wandering.

Different brain networks become activated when we engage in different activities: the salience network controls the act of noticing, the central executive network selects and maintains and the default mode is connected to mind-wandering. These three parts are antagonistic, working against each other and competing for the limited resources of the mind. Without mindfulness training during periods of high stress, the consequences of mind-wandering become pronounced, causing attention and performance to decline.

Jha put this theory to test in her own psychology lab at the University of Miami, in which researchers sought to simulate mind-wandering by asking subjects to participate in a sustained attention response task. The 18-minute task was specifically designed to provoke boredom and thus mind-wandering in subjects. Results found that poor performance correlated with mental disorders and poor sleeping patterns. In other words, increased levels of mind-wandering correlated with poor psychological fitness.

As high stress compromises our ability to pay attention, mindfulness training seeks to dissuade harmful mind-wandering, such as by focusing on the sensation of breathing within one's own body.

Previously, humans have attempted to tame the brain through medications, psychotherapy and computer-based training. Mindfulness differs from these treatments in its low-tech, self-guided nature: this is a form of psychological fitness that requires no doctor's note or hefty paycheck.

A 2014 study cited by Jha found that the impact of mindfulness training was equivalent to the impact of antidepressants, without the toxic side effects. Overall, research has pointed to the beneficial results of mindfulness on the body, mind and social relationships, touching on everything from chronic pain to depression to workplace dynamics.

Popular media has helped to fuel the mindfulness movement, as major corporations, politicians, veterans and athletes have publicly advocated for its positive effects. However, Jha was quick to note that in order to be responsible consumers of science, we must acknowledge the limits of existing research on the topic.

POP TECH

Associate Professor of Psychology Amishi Jha debunked the myths surrounding mindfulness in her speech on Thursday, Sept. 22.

"The power of positive thinking skews mindfulness studies," she stated. In other words, the growing mainstream popularity of mindfulness has created an echo chamber in which positive news articles are sensationalized and inconclusive studies are ignored rather than examined.

In order to be responsible consumers of science, we must acknowledge the limits of existing research on the topic. The growing mainstream popularity of mindfulness has created an echo chamber in which positive news stories are sensationalized and inconclusive studies are ignored rather than examined.

Over 300,000 articles were needed to establish the cultural understanding that daily physical exercise is good. Currently, only 2,000-3,000 such articles exist for mindfulness. What is more, researchers have engaged mostly in reverse inference about functional brain changes in relation to mindfulness – which means that they cannot say with certainty that causation occurred; they simply observed something and assumed the cause. This ambiguousness suggests that much more research is necessary before we can arrive to any sweeping conclusions on the topic.

Previously, humans have attempted to tame the brain through medications, psycotherapy and computer-based training. Mindfulness differs from these treatments in its low-tech, self-guided nature: this is a form of psycological fitness that requires no doctor's note or hefty paycheck.

Speaking clearly and concisely, Jha provided a perspective on mindfulness that managed to acknowledge both its status as an uncertain newcomer to the scientific field and its potential to radically transform the way we take care of ourselves. For many audience members, perhaps the gift that had been bestowed to them as they filtered into the hall earlier in the evening – a small, smooth, gray stone with the words "fully present" etched onto the surface – attained a newfound clarity.

As Jha made her closing remarks – "To end, thank you for your attention" – the hall burst into applause, a spell seemed to break over the audience.

The contemplative silence that had permeated the air only seconds before dissolved. People began rising from their seats, waving to friends and teachers from a few aisles over and – in an automatic, ironic reaction to a presentation on the importance of grounding oneself in the present moment – checking their phones for new notifications. But as the crowd dispersed slowly into the night, perhaps it was with a more thoughtful awareness that individuals noticed the weight of their bags on their shoulders, the feeling of their shoes against the concrete and the sight of the stars twinkling overhead.

THE JHA LAB

Jha's research centers on the brain bases of attention and mindfulness training.

DON'T MISS THIS

Dancing in a Minefield: Cartoons, Politics and Satire in a Crazy World
Kevin Kallaugher, international award-winning cartoonist of the *Economist*, gives a lively and entertaining illustrated presentation about his 38-year career.
9/29, THURSDAY, 4:30 P.M., MCA CONCERT HALL

Film Screening: *The Measure of a Man*
An unemployed factory worker struggles to keep his family afloat and maintain his dignity in this powerful social drama. How much will this ordinary working man compromise his integrity to make ends meet? In French with English subtitles.
10/1, SATURDAY, 3:00 & 8:00 P.M., DANA AUDITORIUM

Improvisational Practices Course: Gaga Class
Gaga is a new training method that provides a framework for discovering and strengthening your body and adding flexibility, stamina and agility while lightening the senses and imagination. Open to all ages 16+, no previous experience necessary. Sponsored by Movement Matters. Free.
10/4, TUESDAY, 9:30-10:45 AM, MAHANEY CENTER FOR THE ARTS, ROOM 110

Open Space Brings Improv to Dance

By Yvette Shi
Contributing Writer

As committed, busy college students, it may be difficult to recall the last time we spent a complete two hours with other people in complete silence. Yet on Saturday, Sept. 24, participants of "Open Space: An Improvisational Laboratory," held in the Dance Theatre, did exactly that through a practice of dance improvisation.

As the second session of the weekly event, it attracted six participants, including Dance majors, non-Dance majors and two faculty members. Though it was a relatively small group, the far-reaching energy generated by the dancers' diverse movements filled the entire room, and kept me —someone who has never been a dancer before— observing whole-heartedly for the entire two hours.

Open Space was created by Gabriel Forestieri, a visiting artist-in-residence in Dance at the College and a choreographer who has practiced improvisation for 30 years.

"Open Space is a place to try out ideas, inhabit your body, engage with others physically and release agendas," the program description reads.

Lida Winfield, a visiting lecturer in Dance who just joined the College this semester and is teaching an improvisation class right now, elaborated on the somewhat abstract idea before session started.

"My understanding from what he said is that it's so important, so lovely to have a space for dancers to come and be able to improvise, to explore ideas and to work together without someone facilitating," she said. "We get to grow and learn so much from each other."

The first hour of the session was designed to be in complete silence, and the second hour is open for musicians to join and play at their wish. For the first half, the brush of skin and clothes against the floor were the only sounds in the high-ceilinged, spacious Dance Theatre, along with the occasional finger-tapping on the dance floor.

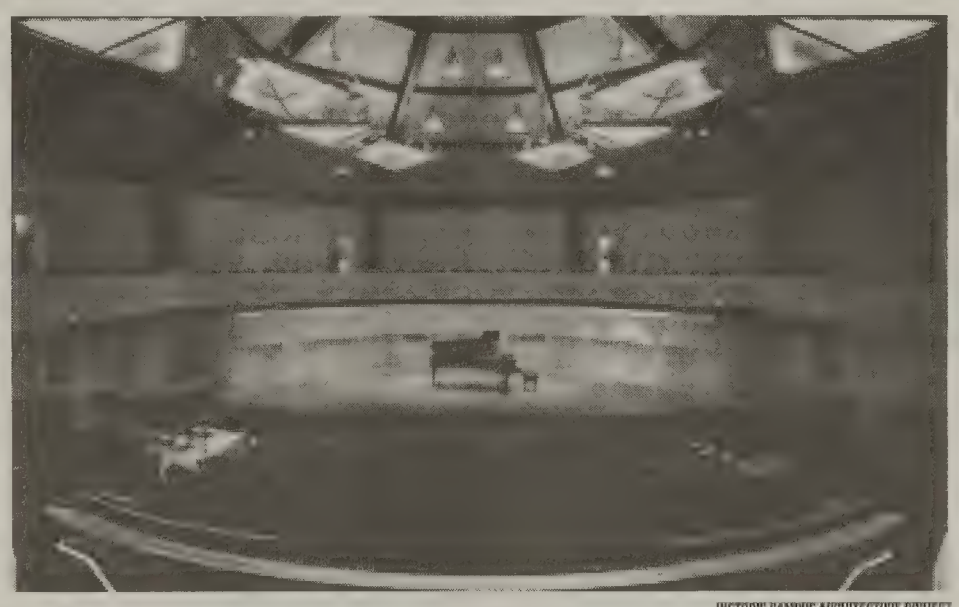
Initially, only two dancers were present, who both started by lying on the floor, stretching and feeling their bodies. Their movements differentiated from the very start, as they simply followed their impulses and there was no deliberate facilitation in any form.

The absence of music, an element that one would probably consider crucial in dancing, gave way to the natural, unique rhythm created purely by their movements.

The pace of the dancers' movements shifted constantly, sometimes more rapid and sometimes completely still. As the first hour was rounding up, one dancer approached the grand piano at the corner of the room, opened it up slowly, and started to play separated notes. The music composed of simple notes added layers to the dancing almost immediately.

Though the other dancer did not alter her movement much, it seemed to fit with the melody seamlessly. Along with the gradually more complex piano sound, the atmosphere in the room became a bit solemn and yet peaceful.

The pianist, Mandy Kimm '17, is a double major in Dance and Environmental Studies. As a dancer and an artist, she considered the exercise of improvisation a really important part of her practice.



HISTORIC CAMPUS ARCHITECTURE PROJECT

Taking place in the Concert Hall in the MCA, the Lab included musical improvisation.

MIDDLEBURY COLLEGE PERFORMING ARTS SERIES

The Open Space Laboratory encourages diverse and experimental dance expressions.

"It's kind of nice having the open space to see what material is in my body, what things want to be expressed and exploring that in a non-class setting, non-formal choreographic setting," Kimm said.

It may have been the echoing music that attracted three more students and one faculty member to join the group successively. The energy generated in the room grew at a steady pace, and it became increasingly harder for an observer like me to keep up with all the unique movements of the dancers.

Their actions were not limited to the dance floor. Some utilized the thick, black curtains around the room and danced around them, occasionally dancing behind them and exposing only parts of the body. Some moved in front of one of the windows, from which the early fall sunlight found its way in the room, and the image became an almost silhouette photo in motion. Surprisingly, their distinct dance moves conveyed to me a sense of harmony rather than that of chaos or confusion.

The piano music also became more versatile. At some point, Kimm opened up the piano lid and plucked at the strings inside it. She also incorporated humming and speaking out poem-like sentences to incorporate with the piano. Some other dancers responded by gentle, melodic whistling and humming. All of these might have seemed rather random, but there is no doubt that every sound and movement made by the participants were naturally becoming integrated parts of the scene.

The interactions between dancers gradually became more important and obvious, as the session reached its final half hour. The piano stopped, and one dancer started to play music pieces and songs on her phone. For some time, two participants did almost identical moves side by side, imitating and following each other.

Another two engaged physically through complicated dance moves that one might see more often in a structured dance piece, such as holding onto and letting go of each other repeatedly. Emotions in the room grew stronger. More dancers had satisfied, relaxed smiles on their faces.

The practice reached a climax with the ongoing music pieces played from the phone. The drumbeats enhanced the rhythm of movement, while other symphonic instruments added complexity to it. Participants and viewers alike were fully engaged and concentrated even after the last moment. The session ended with people greeting each othr and discussing the practice in calm, passionate tones. One could tell that the whole experience was quite uncommon.

Winfield acknowledged that for the curriculum, there have been "many guests, teachers or choreographers that lead space for improvisation." For Open Space, however, there is no facilitator.

"People could come and go, to move in the space if they wanted to," Winfield said.

The soundtrack that ended the practice session happened to be a popular old song called "What the World Needs Now," which to me concluded the two hours pertinently.

The group hopes more members of the community will join the space on the coming Saturdays from 1-3 p.m. in the Mahaney Center for the Arts Concert Hall.

"We are hopeful that it will eventually draw people from the larger community, people that aren't exclusively dance majors, or musicians," Winfield said.

Mindfulness Panel on Performance

By Luke Linden
Senior Writer

(continued from page 2)

Symposium was nonetheless attracting an audience beyond the campus. There seems to be an interest among not only students, teachers, dancers, athletes and human rights advocates, but among the wider public in reconsidering how we engage in our lives.

The morning before the panel, I met with Andrea Olsen before a Qi Gong class that she was leading. Her conception of mindfulness is as a comprehensive and inclusive re-thinking of the self and the environment. She emphasized a "whole body vision of mindfulness," which accounts for the nervous system and the physical self, as well as the communities and environments in which we interact. Mindfulness, as Olsen presents it, does not stop at the brain, nor does it belong to a single academic discipline.

"My job as a dance person who has taught anatomy and who has taught Environmental Studies at Middlebury is both to enjoy the science of it and to get a sense of interconnectedness of the body systems," Olsen said.

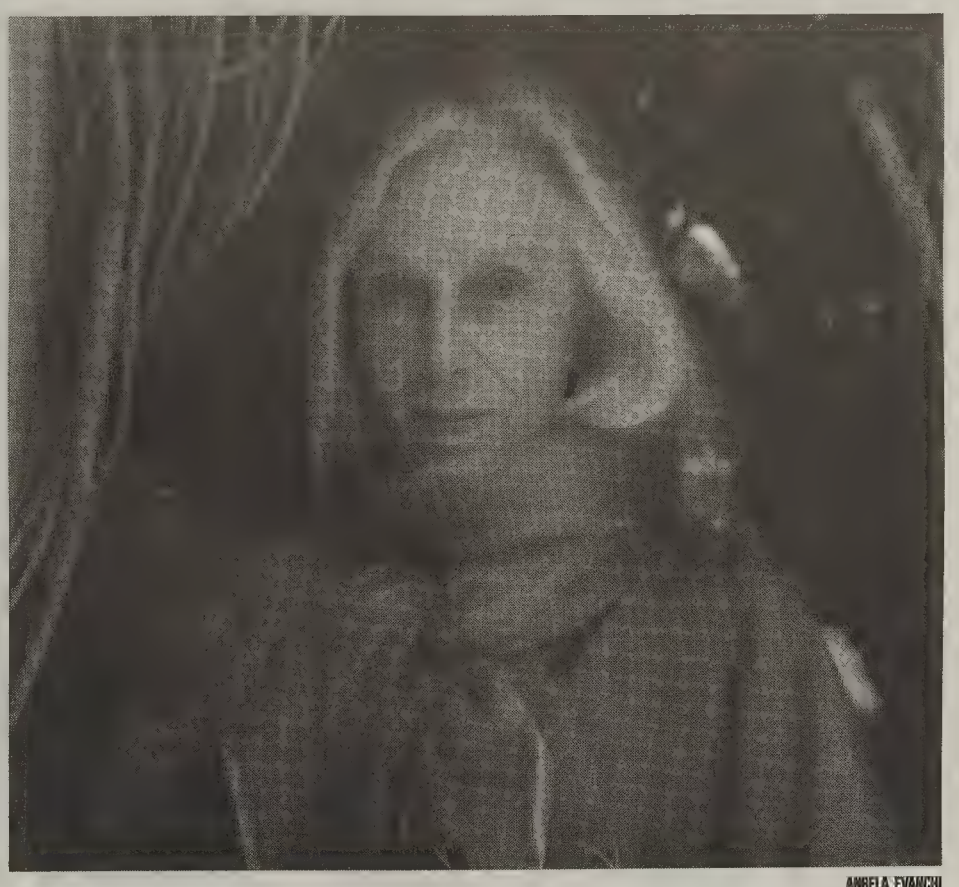
While this type of thinking is intended to include anyone, Olsen made a point to emphasize the Middlebury community, and how its particular features make it suitable for mindful engagement.

"What's great about teaching at Middlebury is that smart students are quite embodied," she said. "Many people want to be in Vermont because they're quite physical and they want to engage in the environment, but they're also quite smart. It's an ideal place to teach for a body person."

With such an emphasis on movement and the body, Olsen is careful to note the importance of balancing both a theoretical discussion of mindfulness and its implementation through practice. As she said, "It's not that the words can replace an experience; words are a doorway."

I asked what the average person, who may not "perform" in the way that many people define it, should take away from the panel. Acknowledging what one can and cannot control, along with regulating stress levels, were mentioned. Olsen also stretched the concept of a "performance setting" to include the workplace, or simply asserting oneself in a world that may not acknowledge one's agency.

"For me, [performance] is about putting myself in a situation where I need to be fully present," Olsen said. "It's terrifying, it's challenging and it takes bravery. Those are all qualities you want to practice so that when you're the one who has to step forward...you already have your feet grounded, your energy flowing, and your focus clear."



ANGELA EVANCHI

Professor of Dance Andrea Olsen emphasizes the use of mindfulness in her courses.

MIDD MOUTH: FEATURING MAYA PEERS NITZBERG

By Matthew Blake
Featuring Maya Peers Nitzberg

Hello, Middlebury! I am excited to introduce a new space in The Campus devoted to highlighting student poetry. Each week, one campus poet will offer a poem, as well as a reflection on their creative process. If you enjoy writing poetry and are eager to share your work with the greater community, send me an e-mail at mbblake@middlebury.edu.

Our first "Midd Mouth" poet is Maya Peers Nitzberg '16.5, a religion major and New Jersey native/San Francisco transplant.

Last week, I sat down with Maya and asked her a few questions about her poetry:

Matthew Blake (MB): How would you describe your creative process?

Maya Peers Nitzberg (MPN): I write every day. Now that the school year has begun again, I read every night for eight minutes and then I write for ten. And when an image or an idea catches, the time limit disappears and I write the poem that is ready to come out. And then over the course of about a week or more I will go through and edit several times. My editing process is largely about experimenting with form. Once you find a form that fits, the poem kind of "grows up" or comes into its own.

MB: How would you describe your relationship to poetry?

MPN: Therapeutic.

MB: What is important for people to know about your poetry?

MPN: It's important to know that unless you've heard a piece read aloud, you've only heard part of the poem. My work is grounded in rhythm and the sound of a voice reading, as well as the form the poem takes on the page. This creates some interesting conflicts, because unless you have the printed piece in front of you while hearing it aloud, you cannot experience both of those aspects at the same time. But I think that's kind of fun, it's like there are two versions of each of my complete pieces.

On *Play Kings*: I studied abroad in Jerusalem during the spring of 2015. Months after I had returned home, the image of the soldier and the young Haredi boy on the bus remained with me. Since I often find it difficult to convey the complexity of what I encountered in Israel/Palestine, this poem is an attempt to let at least one of those "complexities" speak for itself.

"Play Kings"
By Maya Peers Nitzberg

Cream of June
finds me on a bus
in the Middle East's lone democracy:
a state where my knees
make a regular point of playing patty cake
with strangers' weaponry.
Israel likes her guns

thick, slick and fucking everywhere.
Shabbat,
but uncrowded.
Row of seats
facing reads:

me

boy with gun empty seat [aisle] empty seat boy with Bible

Still, I'm practically playing footsy with an olive drab clad-creature,
hoping his gun isn't pointed at my crotch,
in case it goes off.
Attention

diverted
by the stupefied gaze of the young haredi boy
in the far right corner.
He is just a fourth of the flesh to my left,
but equal parts
uniform.

Black from his wide-brimmed hat through to his shoes—
the bite of a boy is lost
somewhere inside his synagogue clothes.

Four seats over, chiseled child-soldier
wears his peace-hued suit
as pajamas: drowsy limbs waterfall from pleather seat coverings.

I keep a wary eye on the boys and their playthings.

PERFORMING ARTS SPOTLIGHT: RODNEY KING

By Hiruy Ephrem
Contributing Columnist

History, poetry and tragedy collide when stage and film actor Roger Guenveur Smith (*American Gangster*, *Malcolm X*) tackles the thorny odyssey of Rodney King, caught in the glare of the national spotlight as the victim of police brutality that ignited the 1992 Los Angeles riots.

In this riveting solo theatrical performance, Smith offers a meditation on a flawed, good-hearted man to reveal America's endlessly complicated relationship with its racial past and present. According to the *New York Times*,"Roger Guenveur Smith gets it all and gets it brilliantly." This performance, from Sept. 30 to Oct. 1, will kick off the Middlebury Performing Arts Series' 97th season at the Mahaney Center for the Arts.

Smith's powerful solo theatre work is a mix of spoken word poetry, strong monologue, urban styling and actual broadcast media clips that all add up to a tour de force performance that is just as relevant today as when Smith originally improvised it at Bootleg Theater in L.A. in 2012.

The play's distinguished run has since included The Public, Penumbra and Woolly Mammoth Theaters; The Tate Modern Museum; and Bric Arts, Brooklyn, where it earned a Bessie Award. The play was recently directed for the screen by Smith's longtime colleague, Spike Lee.

Roger Guenveur Smith is an accomplished actor for both stage and screen, having made a career of acclaimed performances that tackle important social and racial issues. Smith's many film credits include the recently distinguished *Dope* and *Chi-Raq*, as well as the greatly anticipated film *The Birth of a Nation*, which has garnered rave reviews at the 2016 Sundance and Toronto Film Festivals. In Spike Lee's Oscar-nominated *Do the Right Thing*, Smith created the stuttering hero Smiley. He was nominated for a Screen Actors' Guild Award for his performance in *American Gangster*, and HBO viewers will recognize Smith from his starring roles in the *Oz* and *K Street* series and *Unchained Memories: Readings from the Slave Narratives*.

Smith studied at Yale University and Occidental College, and he has taught at both institutions. Additionally, he directs a Performing History Workshop at Cal Arts.

While at the College, Smith will give two public performances, engage with audiences at post-performance Q&As, and meet with College students to discuss his work and creative process. These activities are sponsored by the Performing Arts Series and the Theatre Program.

The two performances of *Rodney King* will take place on Friday, Sept. 30 and Saturday, Oct. 1, 2016, both at 8 p.m., in the Seeler Studio Theatre of the Kevin P. Mahaney '84 Center for the Arts. Tickets are $6 for Middlebury College students, $20 for the general public and $15 for College faculty, staff, alumni, emeriti and other ID card holders. To find more information or purchase tickets, please visit go/boxoffice or visit the Box Office located at Mahaney Center for the Arts or the McCullough Student Center.

Correction: In last week's article, we spelled the artist's last name as Kevin Harding in the photo captions. In fact, his last name is spelled Haring.

THEATER MANIA

An accomplished actor for both stage and screen, Roger Guenveur Smith will perform the powerful *Rodney King* this weekend.

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Golf Teams Card Top-5 Finishes Ahead of NESCAC Qualifier

By Will Case
Sports Editor

The men's and women's golf teams were in action last weekend, Sept. 24-25, as they each continue building towards important NESCAC tournaments at the beginning of October. The men's team played in the Williams Fall Invitational at the Taconic Golf Club in Williamstown, Mass., while the women's team teed off in South Hadley, Mass. for the Mount Holyoke Invitational at the Orchards Golf Club.

With the NESCAC Qualifier at the Ralph this weekend, Oct. 1-2, the men's side finished, tied for third out of the 18-team field in the Williams Fall Invitational. The team's collective 619 for the weekend was good enough to match Tufts, but was 15 strokes behind second-place Trinity and 20 behind the winning Williams squad.

Once again, the team was led by its pair of Phil Morin '19 and Reid Buzby '19. This marked the fourth-straight tournament that the two have registered the lowest score for the Panthers, a streak that began at the NCAA Championships last spring.

Morin's two-day total of 144 was good for a second-place finish on the individual side of the competition and Buzby's 147 put him in a fourth-place tie.

Ben Bichet '19 shot a 163 and Jeffrey Giguere '20 and David Packer '20 shot 166s for the Panthers.

Meanwhile, the women's team placed fourth in the 14-team field that took to the course at the Mount Holyoke Invitational. They finished 27 strokes off the pace set by Williams, who registered a 628 on the weekend. The Panthers finished only seven strokes behind another conference rival, Amherst and five behind NYU.

Blake Yaccino '20 continued the strong start to her first-year campaign, as she finished as the low-scorer for the Panthers with a two-day total of 153. The 74 she shot in her round on Sunday tied for the day-two tournament-low. It also was the lowest round any Panther has shot for the season.

Katharine Fortin '18 carded a pair of 77s, one shot back of Yaccino, for a 154 for the weekend. Chloe Levins '20 also continued her good start to her first-year campaign and shot a 162 for the weekend. Senior Theodora Yoch '17 and junior Helen Dailey '18 rounded out the Panthers' lineup with respective rounds of 163 and 164. Hope Matthews '18 and Sarah Breckinridge '18 also competed individuals at the invitational. Matthews turned in a 160 and Breckinridge finished with a 186.

Next week, the women's squad will continue to get ready for NESCACs as they head to Williamstown, Mass. to take part in the women's half of the Williams Fall Invitational.

"Taconic greens are fast and so are our greens," Fortin said. "We will be practicing our putting all week and it will be a great set up for NESCACs at The Ralph. Scoring is all about making putts in the end."

Meanwhile, be sure to catch the men's squad this weekend, Oct. 1-2, at the Ralph Myhre Golf Course as they host the men's NESCAC qualifier. Saturday's tee time is set for 1 p.m.

Rugby Dismantles UNH, Moves to 1-1

By Colin Makintosh
Contributing Writer

On Saturday, Sept. 24, the Middlebury Rugby Club (MCRC) looked dominant in its first home game of the season against the University of New Hampshire. The MCRC scored early and often en route to a convincing 59-3 win.

The team had strong contributions from essentially every position, and overall it was a very good team win. In particular, senior backs Jackson Yang '17 and Co-Captain Jake Feury '16.5 created numerous scoring opportunities. Paul Molloy '17 looked in command of the back line, despite starting for the first time at scrum-half on A-Side.

Molloy had no issues communicating with Dylan Gorman '16.5, who effortlessly distributed the ball among the backs. As for the forwards, Co-Captain Kyle Dickey '17 had a strong performance, as did fellow seniors Henry Thomson '17 and Colin Larsen '17. With the win, the MCRC moved to 1-1 on the season, after falling in the season opener at Norwich University.

Jackson Yang '17 started the scoring in the first few minutes when he sprinted through the UNH defensive line and managed to dive across the try-line to touch the ball for the score. Yang was in the middle of the action on the very next possession as he passed to Gorman, who masterfully kicked the ball past the defense. Scott Westvold '19 was on the end of the kick and scored to put Middlebury up 10-0. UNH cut the led to 10-3, converting a kick off of a Middlebury penalty, but they would be kept off the scoreboard the rest of the game.

Jake Feury '16.5 continued the strong play for the Panthers in the first half with two scoring runs, powering through the UNH defense as he refused to be tackled. Feury also had a penalty conversion near the end of the first half, giving Middlebury a 27-3 lead going into halftime.

Middlebury continued the momentum throughout the entirety of the second half. Yang started off the second half with another try to extend Middlebury's lead to 32-3. Yang scored yet again later in the half as did Feury. The pair combined for seven scores throughout the game and are shaping up to be a very dynamic duo for Middlebury going forward.

Kwame Mukasa '19 and Julien Miller '17 accounted for the remaining Middlebury tries. Mukasa played on the wing the whole game. His fast pace and elusiveness had UNH stumbling for 80 minutes, and he opened up large gaps in the defense that were continually exploited by himself and his teammates.

Miller, President of the MCRC, entered the game as a substitute and delivered much energy on defense, in addition to showing off his speed during his long scoring run.

The MCRC look to continue its strong play next weekend away at the University of Rhode Island. With a win, the MCRC would move to 2-1 on the season, and could put themselves in a strong position within the conference and DII. The next home game will be on Oct. 8 against Norwich University.

Football Records 40-3 Win in Season Opener

By Andrew Rigas
Sports Editor

The football team fell behind 3-0 at home against Bowdoin last Saturday, Sept. 24, but the Panthers responded with a touchdown and dominated from that point on to win their season opener 40-3 on Homecoming Weekend at Youngman Field.

In his first start, Quarterback Jared Lebowitz '18 threw five of the Panthers' six touchdowns and ran for the other, garnering NESCAC Offensive Player of the Week honors in the process.

"Jared played a great game in every facet," Head Coach Bob Ritter said. "It was great to see him grow through the preseason to a point where he has a great understanding of the offense and now looks really confident back there."

Middlebury won the coin toss, but elected to defer and kickoff to Bowdoin. The Polar Bears drove down to the Middlebury 16-yard line, where the Panther defense held and forced a 33-yard field goal by Andrew Sisti.

The Panthers embarked on their first drive from their own 32-yard behind 3-0. They moved the ball all the way down to the Bowdoin 11, where they faced a fourth down and five. Ritter opted to keep his offense on the field, and Lebowitz found James Burke '17, who went up high to bring in the touchdown pass and put the Panthers ahead.

Middlebury's defense held Bowdoin to a three-and-out on the ensuing possession and got great field position at the Bowdoin 35 to start its second drive after Bowdoin shanked a punt. After their 12-play, 64-yard drive on their first possession, the Polar Bears only managed one first down and 22 total offensive yards the rest of the first half.

"The defense coming back after the first drive and bearing down was really nice to see," Ritter said. "No one got down on themselves. Everyone kept his confidence level high and really did a nice job of dominating the game after that point."

The Panthers followed their 12-play, 64-yard drive with a methodical seven-play drive of 35 yards. The second possession was highlighted by a Lebowitz passed to Tanner Contois '18 down the middle for a 25-yard gain and then capped by a Daniel Fulham '17 three-yard touchdown catch off a play-action fake to give the Panthers an 11-point lead.

On the team's third drive, Lebowitz connected with Ryan Rizzo three times for 48 yards, including a 20-yard strike after escaping pressure down to the Bowdoin 2. Lebowitz ran it in this time on a quarterback keeper and gave the Panthers a 21-3 lead.

After forcing another Bowdoin punt, the Panthers took a 15 plays to go 75 yards and reach the Bowdoin 3, but Charlie Gordon '19's 20-yard field goal attempt was blocked, marking the first drive of the day the Panthers did not score.

Four plays later, Middlebury's Matthew Daniel '19 blocked a Bowdoin punt. On the next play, Lebowitz faked the handoff and found Conrado Banky '19 streaking down the middle of the field for a 28-yard touchdown pass.

"In general, play action only works if the defense truly believes that the running game is a threat," Lebowitz said. "I think our success with play action is entirely due to the offensive linemen and running backs being gritty and making our run game a very real threat."

With 1:58 left in the first half, Middlebury started its final drive of the first 30 minutes from its own 37. In just 1:10, Lebowitz threw his fifth touchdown pass of the day, this time to Rizzo. Lebowitz threw to Rizzo in double coverage in the endzone, for what looked like his first mistake of the day as one of Bowdoin's defenders managed to get a hand on the football. Somehow, it ended up in Rizzo's hands without touching the playing surface, and Middlebury took a 34-3 lead into halftime after Gordon's extra point was blocked.

Middlebury's first drive out of halftime reached the Bowdoin 6, but its offense could not score this time on fourth down, when a Bowdoin defender tackled Rizzo well short of the goalline after a completion from Lebowitz.

The Panthers put together one more scoring drive at the beginning of the fourth quarter.It took the Panthers nine plays and 3:26 to drive 85 yards and score. Lebowitz completed two passes to Banky for 26 yards, handed off to Drew Jacobs '18 twice for 13 yards and ran twice himself for 30 yards. Lebowitz finished off the drive by finding Burke in the end zone for the second time and for his fifth touchdown pass of the day.

"Our offense highly utilizes spacing, alignment and timing, which are all learned things," said Lebowitz. "Burke, Rizzo, and Banky all have an intimate understanding of those three things."

Middlebury subbed out its starting lineup for the final 12:20, but managed to keep Bowdoin out of the endzone to put a wrap on their 40-3 victory.

Lebowitz completed 26 of his 39 passes for 369 yards and the five touchdowns, while he rushed six times for 33 yards and one touchdown.

"He [Lebowitz] made great decisions with the ball, threw the ball really well and then got us some critical first downs, passing and running the ball," said Ritter. "I think his play was a large reason why we executed so well."

Out of the backfield, Jacobs rushed for 43 yards on eight carries, while Diego Meritus '19 added 30 yards on 14 carries.

Rizzo caught eight passes for 125 yards, Banky caught 6 for 98 and Burke caught 4 for 59.

"Our success offensively is due to our preparation and execution," Lebowitz added. "The offensive line did an incredible job of adjusting to unique and unexpected looks, which are bound to happen in the first game against a team we haven't played in 2 years. Our receivers did what they have been coached to do, and the play calling was very good."

Defensively, John Jackson '18 led the team with 10 tackles, including 2 and half for losses and adding one and a half sacks. The Panther defense allowed only 194 total yards, as they outgained the Polar Bears by more than 300 yards.

"Our whole [defensive] unit played very well," Ritter said.

Up next, Middlebury will travel to Colby on Saturday, Oct. 1, to play the Mules in its first road game of the season. Colby, whom the Panthers have beaten the past five years, beat Williams 9-7 on Saturday, so both teams enter the second week of NESCAC football 1-0.

Cross Country Teams Compete at Purple Valley Classic

By Caroline Bartlett
Contributing Writer

The men's and women's cross-country teams both competed on Saturday, Sept. 24, at Williams College's Purple Valley Classic in Williamstown, MA. This marks the teams' first "real race" after warming up at the Dartmouth Invitational two weeks ago. Both sides posted good results with the women placing 10th and the men coming in seventh in a 23 team field.

The highlight of the weekend comes from Abigail Nadler '19, who turned in a very impressive second place result. She completed the 6k course in 22:00.8, just 2.5 seconds off the leader. Behind her was Meg Wilson '20 who finished her first race as a Panther in 45th place with a time of 23:26.6. Rounding out the 5 Middlebury scorers were Sasha Whittle '17 in 51st (23:37:7.), Alyssa Taylor '17 in 58th (23:45:4) and Katherine MacCary '19 in 65th (23:51.2).

"It was a tough day as we raced without some of our top women and had a few mishaps occur in the race that were hard to cover," said Head Coach Nicole Wilkerson.

"We definitely had some great individual highlights and performances, but as a team we will look forward to racing better next weekend," Wilkerson added.

"This was our first real race of the season with lots of strong competition," Nadler added. "It wasn't as strong as a performance as we hoped for, but we know our fitness is there and we are ready to show that in our upcoming races at Paul Short and Vermont State."

On the men's side, Brian Rich '17 led the pack, completing the 8k course in 26:11.8 and earning himself the 25th spot out of 284 runners. The next Panther to cross the line was Connor Evans '19 in 41st (26:43.6), followed closely by Miles Meijer '19 in 43rd (26:45.7) and Kevin Serrao '18 in 47th (26:52.3). Ascencion Aispuro '18 crossed the finish with a time of 26:53:0, representing Middlebury's final scorer.

"It was not a bad start to the season," said Wilkerson. "The team looks to be far deeper than last year and that should result in our front pack pushing to some faster times in the next few meets. We have a young team for the men but they are strong and talented."

"The grit that our team, especially the first-years, demonstrated on the challenging Williams' course was impressive," Rich added. "While I am excited for our team's prospects for the season, we have a lot of work to do over the next few months."

The team worked hard in preparation for the season ahead, including working with a professional nutritionist who recommended an increase in calcium. The men have already noticed a difference after the change in diet, especially on long runs.

The men and women will be splitting up this weekend, with half the group competing on Friday, Sept. 30 at St. Michael's for the Vermont State Meet, and the other half on Oct. 1 at the Paul Short Invitational in Pennsylvania.

BY THE NUMB3RS

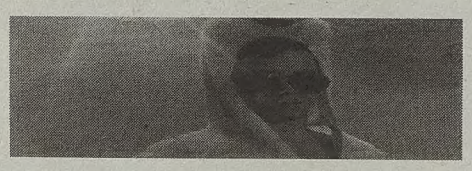
369 *NESCAC-leading passing yards per game recorded by quarterback Jared Lebowitz '17.*

NESCAC-leading number of points this season for field hockey's Annie Leonard '18. **21**

2 *NESCAC-leading goals against average for women's soccer goaltender Ursula Alwang '20.*

NESCAC-leading number of blocks per set for volleyball player Melanie English '17. **1.26**

EDITORS' PICKS

	Men's Golf: Will the Panthers win the NESCAC qualifier this weekend, Oct. 1-2?	CFB pick'em: no. 3 Louisville @ no. 5 Clemson on Saturday, Oct. 1	Men's Tennis: Will Noah Farrell '18 win the ITA Regional Championship for the second straight season?	MLB pick'em: Which two teams win the NL wild cards, New York Mets, San Francisco Giants or St. Louis Cardinals?
ANDREW RIGAS (61-40, .603)	YES Will's right, for once.	LOUISVILLE They've been laying the smackdown on everyone in their sight.	YES This is the defending ITA national champion we're talking about.	GIANTS & METS The Cardinals have to play the Pirates in their last series of the season, so yeah, they're not going to make it.
 **REMO PLUNKETT (76-58, .567)**	YES RIP Arnold Palmer.	LOUISVILLE They're getting the W despite being on the road at Clemson.	YES Farrell has already started repeating victories this season.	METS & GIANTS
WILL CASE (31-25, .553)	YES They always show up for the big tournaments.	CLEMSON The host team has won 11 of the last 13 games between top-10 teams when College Gameday was there	YES With another year under his belt he should have the confidence to repeat.	METS & CARDINALS Though the struggling Giants would be preferable to both.

Defending National Champions Suffer First Loss

By Christine Urquhart
Senior Writer

Third-ranked Middlebury field hockey team took on Bowdoin and Hamilton in a double header this past weekend.

The weekend kicked off with a rematch of the NCAA DIII National Championship game between the Panthers and the Bowdoin Polar Bears. The game was hard fought with both teams fighting to the last second however, Bowdoin could not come back and Middlebury claimed the victory by a score of 3-2.

Bowdoin controlled the game early on, but Middlebury fought back and gained an early 1-0 lead when Annie Leonard '18 converted on a pass from Emma Johns '20 at the 9:49 mark. The Panthers maintained their aggressive offensive through much of the half.

Susanna Baker '19 lifted the team to an early 2-0 lead two minutes later as she capitalized on a shot from Leonard from the top of the arc from a corner by Audrey Quirk '18. The Polar Bears did not back down and fought back to cut the Panthers lead down to one again, scoring with 7:02 left in the first half. The score remained 2-1 in favor of Middlebury for the remainder of the half.

The second half was back and forth until Leonard netted another shot bringing the Panthers again to a two point lead. Despite the Polar Bears' offensive efforts, holding advantages in both shots (13-7) and penalty corners (7-4), they were unable to respond to the defending national champions and Middlebury won by a final score of 3-2.

Goaltender Emily Miller '17 had another exceptional game recording five saves. This victory kept the Panthers undefeated (4-0, 3-0) on the season and brought the Polar Bears to fall to 5-1 overall and 4-1 in league play.

"Playing Bowdoin is always a challenge both physically and mentally because of the history we've had with them," said Leonard. "We played well as a team and things really clicked for us that day. I think everyone really did their jobs well and it was certainly an exciting game to play in."

Middlebury continued their conference play on Sunday, taking on rival Hamilton on the road. Unfortunately, the Panthers were unable to stay undefeated as they faced their first loss to Hamilton.

Coming off a huge victory, the Panthers were unable to channel that energy into the next day and came out flat as Hamilton came out strong, with the Continentals scoring twice in the first five minutes of the game.

Middlebury did eventually gain momentum and fired back with two goals in the opening half in the span of 1:56 to even the score at two apiece.

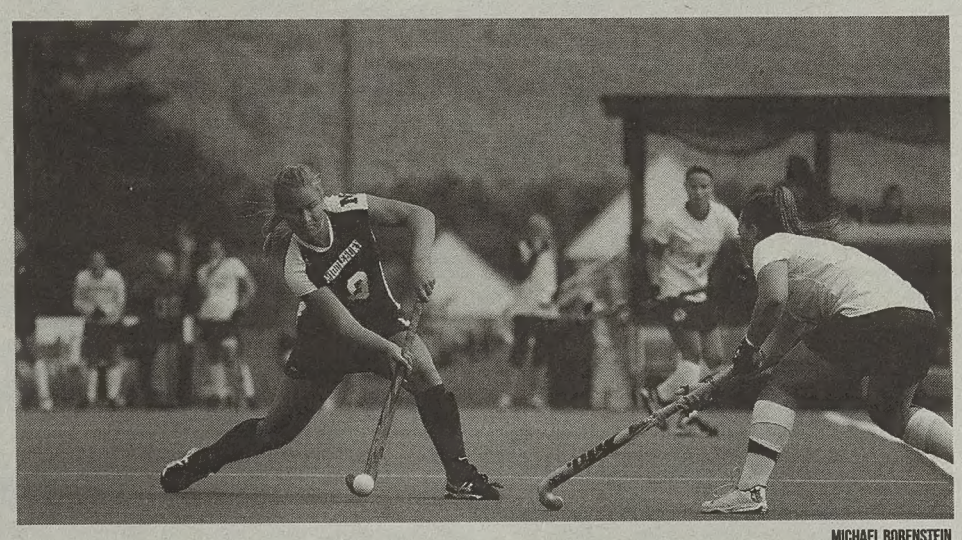
The first goal came from Lauren Schweppe '18 who controlled a loose ball and drove the shot past the Hamilton goaltender to bring the Panthers within one with 4:07 left in the first half. Leonard responded with 2:13 left on the clock scoring her ninth goal of the season to bring the game to a tie. The score remained 2-2 until half time.

Hamilton responded first giving the Continentals a lead again 5:30 into the second half. Despite a strong defensive effort from Middlebury, Hamilton was able to bring the score to 3-2 in their favor. The Panthers were unable to capitalize on opportunities and Hamilton regained control once again. The Continentals responded with another goal shortly after, scoring with 8:49 remaining in the contest on a penalty corner to notch the the score at 4-2.

Despite a late push in the final minutes, Hamilton was able to hold off Middlebury and handed the Panthers their first loss of the season with a 4-2 victory. The Panthers led in both shots (18-7) and penalty corners (15-6) however, the team was unable to translate these opportunities into goals.

"Hamilton played a great game and they were a really good challenge for us," said Leonard. "Value can be found in every game, win or loss and these types of games are important to have because there's a lot to learn from."

The Panthers will travel to 13th-ranked Skidmore on Wednesday, Sept. 28 for a 4:00pm non-conference game. The team will return to conference play on Saturday, Oct. 1 for an away matchup against Colby at 11 a.m.



MICHAEL BORENSTEIN

Susanna Baker '19 plays the ball in field hockey's 3-2 victory over top-ranked Bowdoin. Baker recorded the second tally of the game for the Panthers.

Volleyball Sweeps Homecoming Weekend Matches

By Colby Morris
Staff Writer

The volleyball team swept its pair of matches over Homecoming Weekend, defeating both Hamilton and St. Lawrence 3-0 at home on Friday, Sept. 23 and Saturday, Sept. 24, respectively. The win against Hamilton, who entered the game 1-1 in the NESCAC like Middlebury, was a big victory that will help the Panthers in the standings going forward.

"After two competitive weekends on the road, we're excited to be back in our home gym," Sarah Staver '19 said in anticipation of the weekend's matches. "We're looking forward to seeing some alumni and crushing it against not only NESCAC teams but non-league teams."

In a hotly contested first set that went from 3-3 to 7-7 to 16-16 and finally tied up at 25, neither team seemed to be able to take the lead. Tied at 27, Becca Raffel '18 laid down the hammer with a kill to give Middlebury the lead. Finally a missed set by Hamilton allowed the home team to take an important 1-0 lead after a long fought battle.

The second set started out all Hamilton as the visitors came out firing after a crushing opening defeat. They took a quick 7-2 lead that was finally halted by a huge block from Melanie English '17. Following her big opening set that had two aces from the service line, libero Gigi Alper '20 continued the assault on Hamilton with a kill, followed by two more by Isabel Sessions '19 and Eliana Schaefer '18 at 7-6 before forcing a Hamilton timeout.

The rest of the second set was even up until a 12-12 tie when another quick burst from Middlebury brought the score to 16-12 after a block from English and Raffel and another kill from Raffel. From that point on it was all the home squad as they rolled to a 25-19 finish in the second set, giving them a powerful position heading into the final frame with the visiting team on their heels.

After the first few points in the third set, the closest that the Continentals came to Middlebury was five points, as the Panthers continued to stretch out their lead, eventually taking the final set 25-15 and the sweep in front of the home crowd. Raffel led the Panthers with 12 kills as teammate Chellsa Ferdinand '20 helped her out, tallying 32 assists on the day.

Middlebury entered Saturday's game against St. Lawrence hungry for one more win. In the opening set, early kills by Sessions and Schaefer, assisted by Ferdinand, aided a 9-4 lead to start the game.

Middlebury led the way until a late comeback attempt by SLU put the score at 21 all. A big block by the same duo of Raffel and English gave the Panthers a lead, and after another kill by Kolodka, they regained the lead that they would not relinquish the rest of the way. After a service ace by Ferdinand, the opening set went to the home team 25-23.

The second set started out with a 5-0 score in favor of the Panthers. Ferdinand continued her hot serving streak at the beginning, and capped off the set with a kill to add on to her impressive match, as Middlebury went up 2-0 with a 25-19 set win.

The third set continued a similar trend as the Saints found themselves in a similar position down 5-0 and then 7-1 as Raffel continued to add on the kills to a helpless SLU defense. Middlebury capped off the match with a 25-15 set win.

Middlebury also defeated Colby-Sawyer 3-0 on the road on Tuesday, Sept. 29.

The Panthers will return to action on Friday, Sept. 30, when they play at Conn. College. The next day, the will travel to Boston to play Babson and then UMass Boston.

THE MIDDLEBURY GREAT 8 EIGHT

RANKING	TEAM Plunkett's Predictions
1	**FOOTBALL** *The team looked good in the Bowdoin blow-out last weekend.*
2	**MEN'S SOCCER** *Upsetting the defending NESCAC champions in overtime fashion is great momentum for this squad.*
3	**WOMEN'S SOCCER** *They picked up an important conference win over Hamilton with a late tally.*
4	**FIELD HOCKEY** *Despite recording their first loss, these national champions still have a lot of potential.*
5	**VOLLEYBALL** *Hopefully the team can keep riding their three game home winning streak*
6	**WOMEN'S TENNIS** *There were a couple great individual performances down at MIT over the weekend.*
7	**CROSS COUNTRY** *The season is just getting rolling but both teams did well in the Williams meet.*
8	**BOWDOIN FOOTBALL** *Tough go for the Polar Bears.*

Men's Soccer Picks Up Overtime Win

By Riley Plant
Contributing Writer

The Middlebury men's soccer team (5-0-1, 3-0-1) impressed once again on Saturday, Sept. 24, giving alumni and students quite the show for homecoming weekend. A penalty kick in overtime from Kirk Horton '17 propelled the Panthers past the two-time reigning NESCAC champion Bowdoin Polar Bears (3-2-1, 1-2-1) in a 2-1 victory. Middlebury now ranks 19th in the Division III overall standings. They also beat Hamilton 1-0 on the road on Tuesday, September 29.

During the first half, Middlebury threatened Bowdoin with a direct kick opportunity from just beyond the 18-yard-line. Adam Glaser '17 tapped the ball forward, and Greg Conrad '17 ripped a shot off the left post. The ball rebounded into play, but a Bowdoin defender kept Jeremy Barovick '19 from scoring on a second opportunity, blocking his shot and keeping the game scoreless going into halftime.

7:26 into the second half, Middlebury scored the first goal of the contest. Drew Goulart '20 gained posession, moved downfield and fed a beautiful pass to Glaser, who slotted his shot into the upper-left corner, out of reach of the Bowdoin goaltender. Glaser's 30th career goal, putting him fourth on Middlebury's all-time scoring list, gave the Panthers a 1-0 lead.

"Glaser's goal was a superb strike, and the pass from Goulart was equally excellent," said Head Coach David Saward.

Bowdoin remained patient, however, and was able to find the net late in regulation. With just 4:59 remaining, Bowdoin's Jason Oliver received a cross from Ethan Ellsworth in the penalty area and placed it in the upper-left corner. Time expired and the score remained tied at one apiece, forcing golden goal overtime.

Seven minutes into overtime, Middlebury was awarded a penalty kick after a foul in the penalty area. Horton was given the high pressure opportunity to take the kick and win the game for the Panthers. Horton remained cool as teammates and fans watched on anxiously, firing his shot past the keeper and into the right side of the net for another Middlebury win.

"It was a rad moment, but I think I was more pumped about the collective performance of the team," Horton said. "We used the inspiration of our alumni watching to come together as a wolfpack and scrap our way to a W against a really good side."

"Horton showed immense poise, precision and calmness with his penalty kick for the win," added Saward.

Middlebury outpaced Bowdoin in both shots (13-8) and corner kicks (5-2) while Greg Sydor '17 made three saves in goal.

Against Hamilton, Glaser set up Conrad for the game's lone goal, as the Panthers remained undefeated.

The team heads to Colby and Plymouth State on Oct. 1 and Oct. 4, respectively.

MICHAEL BORENSTEIN

WOMEN'S SOCCER SPLITS NESCAC MATCHUPS

By Colby Morris
Staff Writer

Over Homecoming weekend, Sept. 24-25, the women's soccer team (5-2, 2-2) split two matches in conference play.

The Panthers took on Bowdoin on Saturday, Sept. 24, in front of throngs of returning Alumni attended the game on behalf of homecoming weekend, however the Panthers could not pull off the win.

Middlebury had two scoring opportunities in the first half, both on attempts by Adrianna Gildner '17. The first was a bicycle kick that soared inches over the net and Bowdoin goalkeeper caught the second attempt that looked on pace to reach the back of the net.

As the seconds ticked off the clock, Bowdoin attackers pushed pass the Middlebury defensive unit to score in the final 33 seconds of the half. The Panthers produced a final scoring opportunity in the 83rd minute, but that attempt was denied and the Polar Beard held on for a 1-0 win.

"On Saturday, we started off really strong, something have been struggling with, especially during mid-week games," Sara DiCenso '19 said of the game.

"We should've capitalized on our opportunities in the beginning of the game, but ultimately Bowdoin took advantage of our physical and mental lapses," she added.

Alissa Huntington '18 agreed with DiCenso.

"Saturday's loss was extremely hard because we felt that that first half was the best we've played all season and we still ended up on the wrong side of the scoreboard," Huntington said.

After the loss to Bowdoin, the Panthers headed down NY Route 8 South to take on the Hamilton Continentals. Even before the match began, the Panthers were setting their standards high and refused to come home with another loss.

"Before the game started, we decided we were going to do everything in our power to come home with a win," Gildner said. "Especially if we wanted to improve our NESCAC standings."

The game remained tied until the 80th when Katherine Hobbs '17 connected on a corner kick from Gildner to give the Panthers the game's only goal.

> ***"Hamilton was a fiesty team ... but we were able to play our game and come away with a huge W."***
>
> MADDISON MORGAN '18

"Hamilton was a feisty team," said Maddison Morgan '18. "They were super physical and definitely tried to tire us out with their kick and run offense. But we were able to play our game and come away with a huge W."

The Panthers were in action again on Wednesday Sept. 28, against Keene State and return to the pitch this Saturday, Oct. 1, for a conference match against Colby.

W-TENNIS BATTLES AT MIT

By Ethan Brady
News Editor

The Middlebury women's tennis team had several players advance in the USTA New England Regional at MIT this weekend. Two Panthers, Alexandra Fields '17 and Christina Puccinelli '19, made it to the quarterfinals.

Fields advanced to the round of 16 on Friday with two victories, going straight sets in both and allowing only four games total to her two opponents, from Babson and Tufts.

Seeded fifth on Saturday, Fields eked out a win over Williams' Leah Bush, (7-6 (3), 6-2). Fields lost in the quarterfinal round to the two-seed, Juli Raventos of Williams, going 7-5, 6-2.

Puccinelli took two wins to advance to the round of 16 for the second straight year. She moved on to the quarterfinals after a narrow victory against MIT's Dora Tzeng, 7-6 (5), 7-5. Puccinelli lost to Amherst's Vickie Ip, 7-6 (5), 6-2, leaving the tournament.

Other players who advanced were Katherine Hughes '20, and Molly Paradies '19 and Lily Bondy '17. Hughes lost Williams' Raventos on Saturday morning.

Paradies advanced to the round of 32 but lost there. Bonds moved to the round of 32 too before losing in a three-set match with MIT's Lara Rakocevic, 7-6 (3), 1-6, 13-11.

Three pairs of Panthers advanced to the quarterfinals in doubles play: Bondy and Hughes made it to round three after wins over Smith and Bowdoin pairs, but lost 8-4 to the top-seeded pair from Williams.

Kaysee Orozco '17 and Puccinelli also moved on twice with wins over Brandeis and Bowdoin, but fell in the quarterfinals to a Williams pair, 8-5.

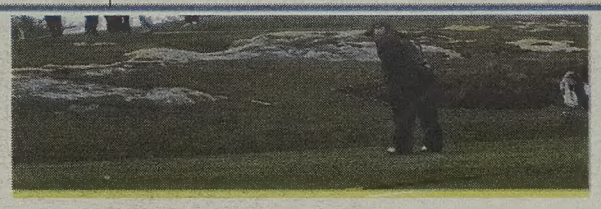
Skylar Schossberger '20 and Fields defeated pairs from Wellesley and Bowdoin, and fought in a tiebreaker on Saturday against Amherst but lost 9-8 (4).

"It's a very physically and mentally trying tournament schedule, with up to four matches a day, but we were able to push through this and thrive. I think we really proved as a team that our fitness and training have been paying off."

The Panthers return to the court later this month, when they host the annual three-day Middlebury Invitational from Oct. 21 to 23.

INSIDE SPORTS

FIELD HOCKEY SUFFERS FIRST LOSS OF THE SEASON ON THE ROAD
PAGE 19



GOLF TEAMS COMPETE IN MASSACHUSETTS OVER THE WEEKEND
PAGE 17